

What Type Am I?  
Fearless.



Isabella, Age 7  
Diagnosed  
August 28, 2012



# Children with Diabetes® Friends for Life® UK

October 26-28, 2018  
Crieff Hydro Hotel  
Crieff, Perthshire, Scotland





26 October 2018

## Welcome to Friends for Life® UK 2018!

Dear CWD Friends,

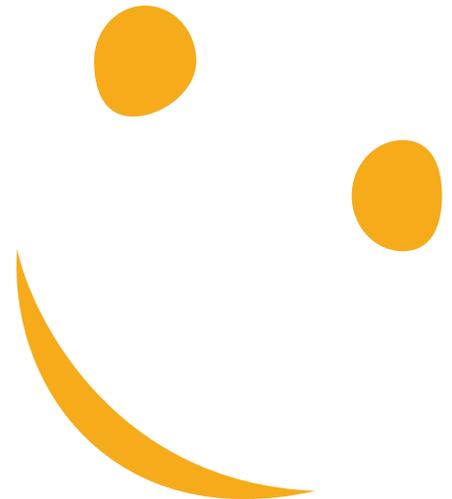
Welcome to the **Friends for Life® UK 2018** conference! Whether you have come from near or far, we know that this weekend's event will leave you with new technology concepts to think about, new ideas for diabetes management, new advocacy routes, and best of all — **new friends**.

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. Focus Groups are on Friday morning and afternoon in Earn.

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

- Teens (ages 13-17): Loggia
- Tweens (ages 9-12): Drummond
- Elementary (ages 6-8): Highlandman
- Childcare (ages 0-5): Big Country

The kids will report to these rooms for each session during 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.**





Welcome!



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, Ash, and Chris**



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)



Chris Sutton

Trustee  
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# *Insulet is proud to support the community here at*

## Children with Diabetes Friends for Life Conference



### *Heritage to Horizon*

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pioneers*



*Giuliana*



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*Hishon*



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**2005**

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**2012**

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**2017**

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**2018**

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*Katie*

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\* Pod has an IPX8 rating and is waterproof for 25 feet (7.6 meters) for up to 60 minutes. The PDM is not waterproof.

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APPROVED for ages 4 and up<sup>1</sup>

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WITHOUT LANCETS<sup>2</sup>



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1. The FreeStyle Libre Flash Glucose Monitoring System is indicated for measuring interstitial fluid glucose levels in people (age 4 and older) with diabetes mellitus, including pregnant women. The indication for children (age 4 - 12) is limited to those who are supervised by a caregiver who is at least 18 years of age. The caregiver is responsible for managing or assisting the child to manage the FreeStyle Libre Flash Glucose Monitoring System and also for interpreting or assisting the child to interpret FreeStyle Libre readings. 2. Scanning the sensor to obtain glucose values does not require lancets. 3. For a complete glycaemic picture, scan once every 8 hours. 4. LibreView data can be viewed in the Safari Browser on Mac OS X Mountain Lion or higher computers and on iOS 6 or higher mobile devices. Currently, uploading of glucose data is only supported on Windows-based computers Minimum system requirements are Windows Vista with IE10 or the latest versions of Google Chrome and Mozilla Firefox, running on a 550MHz Pentium III, 512MB DRAM, 2G Hard Drive, USB 2.0, LCD Screen with resolution of 1024x768.) 5. LibreLinkUp is a mobile application, developed and provided by Newyu, Inc. Use of LibreLinkUp requires registration with LibreView, a service provided by Abbott and Newyu, Inc.

Simulated data for illustrative purposes only; not real patient or data.

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# The Conference Faculty



## Douglas Cairns

In 1989, **Douglas Cairns** was a Royal Air Force jet pilot and instructor at the age of 25 when he was diagnosed with type 1 diabetes, and consequently lost his flying career. In 2000 he regained the freedom to fly in the USA as a licensed private pilot, and in 2003 Douglas went on to complete Diabetes World Flight, a round-the-world flight. Since 2009 Douglas has run "Flying With Diabetes", an initiative to raise positive awareness for pilots with diabetes, by setting solo and group aviation world records including "Diabetes Polar Flight" in 2011 to the North Pole and landing on the polar ice. Douglas is a co-founder of "Pilots With Diabetes", an aviation policy advocacy group for pilots with insulin-treated diabetes. Douglas is passionate about raising positive awareness of diabetes and gives regular talks to conferences and meetings, highlighting that diabetes need not limit the scope of people's dreams and ambitions.

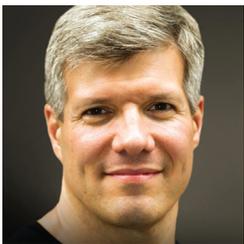
Saturday	9:15 - 10:15	Drummond	T1 VIPs (Tween Programme)
Saturday	11:00 - 12:00	Big Country	T1 VIP (Childcare Programme)
Sunday	9:15 - 10:15	Highlandman	Running, Cycling, Flying (Elementary Programme)
Sunday	3:15 - 4:15	Melville Hall	Closing Keynote: Finding My Wings and Soaring High



## 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 regional and annual 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 Master's Degree in History at the University of Edinburgh, now 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!

Saturday	1:30 - 2:30	Earn	T1 Adults and Partners
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## Ed Damiano, PhD

**Edward Damiano, PhD**, is a Professor of Biomedical Engineering at Boston University and the President and CEO of Beta Bionics, Inc. Ever since his wife, Toby, diagnosed their infant son, David, with type 1 diabetes over 18 years ago, he has set his sights on creating a bionic pancreas that David could take to college. He and his engineering team at BU began conducting experiments testing an early version of their bionic pancreas in diabetic pigs in 2005 and then progressed with their clinical collaborators at the Massachusetts General Hospital through in-patient trials in adults and adolescents with type 1 diabetes from 2008–2012. From 2013–2018, his team at BU and clinical collaborators have conducted over a dozen clinical trials in adults and children with type 1 diabetes testing a mobile version of their bionic pancreas, which ran on an iPhone that wirelessly controlled one or two insulin pumps. He recently co-founded Beta Bionics, Inc., a Massachusetts Public Benefit Corporation that is committed to the singular mission of commercializing a bionic pancreas for people with diabetes and other disorders of blood sugar regulation. Beta Bionics has recently received FDA approval to begin clinical testing of a fully integrated, wearable, bionic pancreas device – referred to as the iLet – that operates independently of a smartphone. The first home-use clinical trial of the iLet began in May 2018 in adult volunteers with type 1 diabetes. Beta Bionics plans to continue clinical testing of the iLet this year and then conduct the final clinical trials testing the device in 2019. Beta Bionics will seek FDA approval of the iLet for commercial distribution in the first half of 2020.

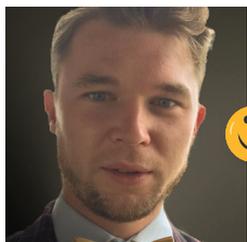
Friday	7:30 - 8:30	Melville Hall	The Long and Winding Road to the Bionic Pancreas
Saturday	11:30 - 12:00	Loggia	Tech Talk (Teen Programme)
Saturday	3:15 - 4:15	Earn	Q&A Session on the Bionic Pancrea



Even Joe Solo enjoyed the face painting

# Friends for Life® UK Flashback 2009





## 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 U.K 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 - 10:15	Melville Hall	25 Marathons in 30 Days
Saturday	11:00 - 11:30	Loggia	T1 VIP (Teen Programme)
Saturday	1:30 - 2:30	Higlandman	Fun and Games (Elementary Programme)
Sunday	9:15 - 10:15	Higlandman	Running, Cycling, Flying (Elementary Programme)
Sunday	11:00 - 12:00	Big Country	Fun and Games (Childcare Programme)
Sunday	1:30 - 2:30	Barvick	Being a "DiAthlete" (Tween Programme)



## Ashley Head

**Ashley Head** is husband to Shayne and dad to Jake (28) and Phoebe (22, Dx T1D 2001). He is Director of an International Event Logistics company, owns Lewes FC 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 also a trustee of T1 Today UK.

Saturday	1:30 - 2:30	Ferntower Suite	Dads' Discussion Group
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Olly Double helped us "Think Like a Pancreas"

Friends for Life® UK  
Flashback  
2010



## 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 - 2:20	Melville Hall	Mums' Discussion Group
Sunday	9:15 - 10:15	Earn	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 24 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 - 2:20	Melville Hall	Mums' Discussion Group
Sunday	9:15 - 10:15	Earn	Schools' Discussion Group



The teens posed for a photo before heading out

Friends for Life® UK  
 Flashback  
 2011  
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## 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 one year old son and personal interests include football, walking and cycling.

Saturday	3:15 - 4:15	Melville Hall	Diabetes and Illness: Is it All About the Ketones?
Sunday	9:15 - 10:15	Ferntower Suite	Is Transition Really as Scary as We Fear?
Sunday	11:00 - 12:00	Melville Hall	Festivals, Alcohol, & Drugs: How to Have Fun & Stay Safe
Sunday	3:15 - 4:15	Loggia	The 3Ds: Driving, Drinking, & Drugs (Teen Programme)



## 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	Ferntower Suite	Dads' Discussion Group
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FFL UK kids had fun at the Family Disco Night

Friends for Life® UK  
**Flashback**  
**2012**  
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# The Conference Faculty

## 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	9:15 - 10:15	Loggia	Playing With Your Food (Teen Programme)
Saturday	11:00 - 12:00	Ferntower Suite	Carb Counting: When it Works & When to Think Differently
Saturday	1:30 - 2:30	Drummond	FFL: Food For Life (Tween Programme)
Saturday	3:45 - 4:15	Loggia	How to Exercise Safely (Teen Programme)
Sunday	9:15 - 10:15	Melville Hall	Managing the Ups and Downs of Exercise
Sunday	11:00 - 12:00	Highlandman	Carb Counting Fun (Elementary Programme)
Sunday	1:30 - 2:30	Melville Hall	CGM: Around the World with MARD, Trend Arrows, ....

## Siddharth Sharma



**Siddharth Sharma** was diagnosed with type 1 diabetes on 21st October 2015 at the age of 27 years. An engineer by trade, Sid picked up cycling after his diagnosis and since then has cycled London-Paris with Diabetes UK, New York to San Francisco with Beyond Type 1, and completed the Paris Roubaix challenge in honour of DRIFCan. He is passionate about helping others live beyond their diagnosis of type 1 diabetes, with special emphasis on sports and mental health for kids and adults alike. Sid is looking forward to this year's conference and meeting everyone whether you live with type 1 diabetes or love someone who lives with it.

Saturday	9:15 - 10:15	Drummond	T1 VIPs (Tween Programme)
Saturday	1:30 - 2:30	Earn	T1 Adults and Partners
Saturday	3:15 - 4:15	Ferntower Suite	Bike Beyond: Journey from New York to San Francisco
Sunday	1:30 - 2:30	Big Country	T1 VIP (Childcare Programme)
Sunday	3:15 - 4:15	Highlandman	Running, Cycling, Flying (Elementary Programme)

## Jill Weissberg-Benchell, PhD CDE



**Jill Weissberg-Benchell, PhD, CDE** is a paediatric 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 paediatric to adult care. She is a co-author of two books, one that focuses on transitioning from paediatric to adult care, and another that focuses on working with adolescents with type 1 diabetes.

Saturday	9:15 - 9:45	Highlandman	Thumball Games (Elementary Programme)
Saturday	11:00 - 12:00	Melville Hall	Avoiding and Overcoming Burnout
Saturday	1:30 - 2:30	Barvick	Grandparents Discussion Group
Saturday	3:15 - 3:45	Loggia	I'm So Fed Up With Diabetes (Teen Programme)
Saturday	3:45 - 4:15	Drummond	Green and Orange Games (Tween Programme)
Sunday	9:15 - 10:15	Barvick	T1 Adults and Partners
Sunday	11:00 - 12:00	Ferntower Suite	Keeping Your Marriage Strong
Sunday	1:30 - 2:30	Ferntower Suite	Enjoying Your Teenager
Sunday	3:15 - 4:15	Loggia	The 3Ds: Driving, Drinking, & Drugs (Teen Programme)



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Christian and his son  
Ethan with T1D

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† 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.

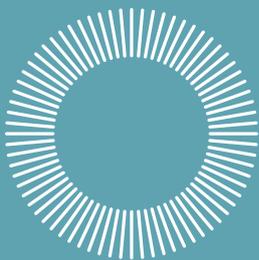


## Platinum Sponsors



# Abbott

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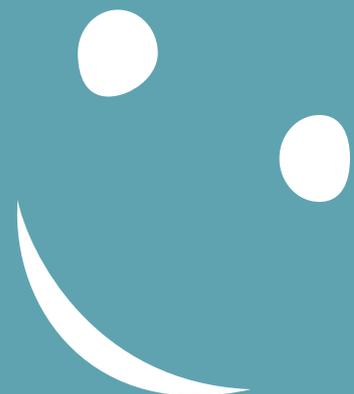


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# Program of Events and Sessions

## Friday, October 26, 2018

Daytime

### Sponsor Focus Groups in Earn

Insulet — 10:45 - 12:00 • Tandem — 1:00 - 2:15 • Abbott — 2:30 - 3:45

3:00

Registration and Exhibits in Melville Hall

7:30 - 8:30

### Opening Keynote: The Long and Winding Road to the Bionic Pancreas

Ed Damiano, PhD

## Saturday, October 27, 2018

Time	Melville Hall	Ferntower Suite	Earn	Barvick
Breakfast on Your Own				
9:15 - 10:15	<b>25 Marathons in 30 Days</b> Gavin Griffiths			
Break in Drawing Room				
11:00 - 12:00	<b>Avoding &amp; Overcoming Burnout</b> Jill Weissberg-Benchell, PhD, CDE	<b>Carb Counting - When it Works &amp; When You Need to Think Differently</b> John Pemberton		
Lunch in Meikle Restaurant				
1:30 - 2:30	<b>Mums Discussion Group</b> Aileen Hillis & Jackie Jacombs	<b>Dads Discussion Group</b> Ash Head & Scott Kylo	<b>T1 Adults and Partners</b> Sid Sharma & Chelsea Carr	<b>Grandparents Discussion Group</b> Jill Weissberg-Benchell, PhD, CDE
Break in Drawing Room				
3:15 - 4:15	<b>Diabetes and Illness: Is it All About the Ketones?</b> Brian Kennon	<b>Bike Beyond: Journey From New York to San Francisco</b> Sid Sharma	<b>Q&amp;A Session on the Bionic Pancreas</b> Ed Damiano, PhD	

## Sunday, October 28, 2018

Time	Melville Hall	Ferntower Suite	Earn	Barvick
Breakfast on Your Own				
9:15 - 10:15	<b>Managing the Ups and Downs of Exercise</b> John Pemberton	<b>Is Transition Really as Scary as We Fear?</b> Brian Kennon	<b>Schools' Discussion Group</b> Aileen Hillis & Jackie Jacombs	<b>T1 Adults &amp; Partners</b> Jill Weissberg-Benchell, PhD, CDE
Break in Drawing Room				
11:00 - 12:00	<b>Festivals, Alcohol, &amp; Drugs: How to Have Fun &amp; Stay Safe</b> Brian Kennon	<b>Keeping Your Marriage Strong</b> Jill Weissberg-Benchell, PhD, CDE		
Lunch in Meikle Restaurant				
1:30 - 2:30	<b>CGM: Around the World with MARD, Trend Arrows, &amp; Smart Guard</b> John Pemberton	<b>Enjoying Your Teenager</b> Jill Weissberg-Benchell, PhD, CDE		
Break in Drawing Room				
3:15 - 4:15	<b>Closing Keynote: Finding My Wings &amp; Soaring High</b> Douglas Cairns			

# Youth Program of Events and Sessions



## Friday, October 26, 2018

Time	Childcare Ages 0-5 Big Country	Elementary Ages 6-8 Barvick	Tween Ages 9-12 Earn	Teen Ages 13-17 Loggia
3:00	Registration and Exhibits in Melville Hall			
7:30 - 8:30	Children Aged 3-5 Under 3s to remain with parents	Icebreakers	Icebreakers & Games	Amazing Race Icebreaker

## Saturday, October 27, 2018

Time	Childcare Ages 0-5 Big Country	Elementary Ages 6-8 Highlandman	Tween Ages 9-12 Drummond	Teen Ages 13-17 Loggia
Breakfast on Your Own				
9:15 - 10:15		Thumbball Games Jill Weissberg-Benchell  Green and Orange Discussions	T1 VIPs Douglas Cairns & Sid Sharma  Diabetium	Playing With Your Food John Pemberton
10:15 - 11:00	Break in Drawing Room			
11:00 - 12:00	T1 VIP Douglas Cairns	Scavenger Hunt	Scavenger Hunt	T1 VIP Gavin Griffiths  Tech Talk Ed Damiano
12:00 - 1:30	Lunch in Meikle Restaurant			
1:30 - 2:30		Fun and Games Gavin Griffiths	FFL: Food for Life John Pemberton	Obstacle Course Jeopardy
2:30 - 3:15	Break in Drawing Room			
3:15 - 4:15		The Science of Diabetes	Green and Orange Games Jill Weissberg-Benchell	I'm So Fed Up With Diabetes Jill Weissberg-Benchell  Exercise that Sugar: How to Exercise Safely John Pemberton

## Saturday, October 27, 2018

Time	Childcare Ages 0-5 Big Country	Elementary Ages 6-8 Highlandman	Tween Ages 9-12 Drummond	Teen Ages 13-17 Loggia
Breakfast on Your Own				
9:15 - 10:15		Running, Cycling, Flying Gavin Griffiths, Sid Sharma, & Douglas Cairns	Insulin & Beyond: The Future of Diabetes	Teens Off Site at Action Glen for Aloft & Woodland Combat  Wear warm clothing. Have waterproofs & sturdy footwear.  Return by 3:15
10:15 - 11:00	Break in Drawing Room			
11:00 - 12:00	Fun and Games Gavin Griffiths	Carb Counting Fun John Pemberton	Sports Central	
12:00 - 1:30	Lunch in Meikle Restaurant			
1:30 - 2:30	T1 VIP Sid Sharma	Sports Central	Being a "DiAthlete" (In Barvick) Gavin Griffiths	
2:30 - 3:15	Break in Drawing Room			
3:15 - 4:15		The Heads & Hands of Diabetes Craft Session	Tween Olympics  Conference Reflections	The 3Ds: Driving, Drinking, & Drugs Brian Kennon & Jill Weissberg-Benchell



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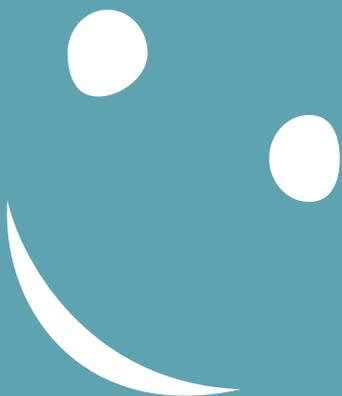


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\*If your glucose alerts and readings from the G6 do not match symptoms or expectations, use a blood glucose meter to make diabetes treatment decisions.





# Exhibitors



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Diabetes Research &  
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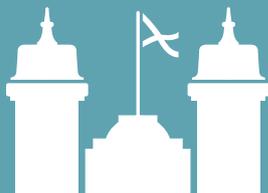


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Type 1  
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on Thursday



## Neil Benchell

After having spent years on the sideline as the "spouse" of one of the faculty members, **Neil Benchell** decided it was time to get involved with CWD and Friends for Life®. As one of the Teen Staff members, Neil is always in the thick of trying to make the conferences a more memorable experience for all. In addition to his work with CWD, Neil is an attorney practicing in the area of intellectual property litigation, and has represented a number of diabetes-related organizations.

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## Helen Campling

Mum to Ella-Mae, (T1D since 2004) and Anya-Sofia Campling, **Helen Campling** is working towards her Masters in Child Psychotherapy and currently works in a school in Hertfordshire as a psychotherapist-in-training with elementary aged children. Helen's former life was as an art class leader and she can regularly be found covered in paint in her downtime! Helen began attending Friends for Life conferences since 2009, both in the UK and the USA and really cherishes the friends and families she has met along this journey.

---



## 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.

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## Jake Head

**Jake Head**, 28, is son to Ash Head and Shayne Weldon, brother of Phoebe (22, Dx T1D 2001). He is an Event Manager at EFL 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.

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Kilts were on display for Saturday's Ceilidh

Friends for Life® UK  
Flashback  
2013





## Phoebe Head

**Phoebe Head**, 23, 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.

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## Leah Mackenzie, BSc, RN

**Leah Mackenzie, BSc, RN**, was diagnosed with type 1 diabetes in 2004 age 16. Qualified with a Bachelor of Science in nursing in 2014 and worked mostly in care of the elderly. Currently working in a rehabilitation ward. Leah has volunteered with diabetes UK at family events in Scotland and a weeklong residential camp with teens in England. She is looking forward to her first Friends for Life UK Conference.

---



## 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!

---



## Mark Wheller

**Mark Wheller** is married to Faye we has 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.

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Siblings enjoy FFL UK too!

Friends for Life® UK  
Flashback  
2014  
<<





# The Tween Faculty



## 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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## 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.

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## Jamie Sutherland

**Jamie Sutherland** is the brother of Rebekah and son of David and Gwen. He has attended Friends for Life Conferences in Windsor and Glasgow. He lives in Aberdeen and works for his Dad as a paralegal. Jamie enjoys cooking for friends and baking; his cakes are in great demand and he has even had orders for birthday and wedding cakes! He is excited for the Friends for Life conference this year and can't wait to join the Tween Team.

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## 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.

---



## Faye Wheller

**Faye Wheller** is mum to Morgan and Summer, who are both excited to be in the Elementary group this year. Morgan was diagnosed type 1 at two years old, when Summer was just two days old. Over the last few years, Faye has helped organise and run One Walk events for JDRF, has been to the Houses of Parliament with INPUT, and brought a self-trained (ish) hypo dog into the family; Chuckles, the cockapoo! Faye used to be a Science teacher, a college lecturer and now is studying Food Science MSc at the University of Reading.

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## 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 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 some of her Abbott Colleagues to raise money for the charity, Special Effects.

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\*The Dexcom G5 Mobile CGM transmitter can only be paired with one medical device (either a Dexcom receiver or t:slim X2 Pump) and one consumer device (phone or tablet) at the same time. Following your child's shared data requires the Dexcom Follow app. Dexcom G5 Mobile CGM sold separately. **Important Safety Information:** The t:slim X2 Insulin Pump is intended for the subcutaneous delivery of insulin, at set and variable rates, for the management of diabetes mellitus in persons requiring insulin. The t:slim X2 Insulin Pump can be used solely for continuous insulin delivery and as part of the t:slim X2 System to receive and display continuous glucose measurements from the Dexcom G5 Mobile Sensor and Transmitter. The t:slim X2 System also includes continuous glucose monitoring (CGM) indicated for the management of diabetes. The Dexcom G5 Mobile CGM is designed to replace fingerstick blood glucose testing for diabetes treatment decisions. The t:slim X2 System aids in the detection of episodes of hyperglycemia and hypoglycemia, facilitating both acute and long-term therapy adjustments, which may minimize these excursions. Interpretation of the t:slim X2 System results should be based on the trends and patterns seen with several sequential readings over time. The t:slim X2 System is indicated for use in individuals 6 years of age and greater. The t:slim X2 System is intended for single patient use. The device is indicated for use with NovoLog or Humalog U-100 insulin. The System is not approved for use in pregnant women, persons on dialysis, or critically ill patients. For detailed indications for use and safety information, call Air Liquide at 0800 012 1560 or visit [www.airliquidehomecare.co.uk/diabetes](http://www.airliquidehomecare.co.uk/diabetes). © 2018 Tandem Diabetes Care, Inc. All rights reserved. Tandem Diabetes Care and t:slim X2 are either registered trademarks or trademarks of Tandem Diabetes Care, Inc. in the United States and/or other countries. Dexcom and Dexcom G5 are registered trademarks of Dexcom, Inc. The Air Liquide logo is a registered trademark of AIR LIQUIDE. Covered by one or more U.S. and international issued and pending patents. ML-1003528\_A



## 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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## Suzanne Caldwell, BSc

**Suzanne Caldwell, BSc**, is a prison mental health nurse practitioner. Her daughter Sammi (age 10) was diagnosed with type 1 diabetes in December 2015 aged seven. Suzanne and husband Kenneth have two other children, Odhrain (13) and Cillian (6). This is Suzanne's first Friends For Life Conference and she is very excited to be on board.

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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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## Rosalind Carr

**Rosalind Carr** is Mum to Laura and Martyn and Gran to Hamish. Her son Martyn was diagnosed with type 1 diabetes in February of 1993. Rosalind found the Friends for Life Orlando Conference in 2003 while on holiday in America. The family have attended numerous FFL Orlando and UK conferences where Rosalind has volunteered in childcare, registration and Sports Central.

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## Aileen Durkan

**Aileen Durkan** attended her first Friends for Life UK conference in 2009, volunteering with the elementary group. She was inspired by the opportunity to bring both siblings and children with diabetes together, enabling and encouraging them to express their feelings about diabetes and learn while having lots of fun. She has a younger brother with type 1 diabetes, and she has worked with LifeScan and Animas in Ireland for the past 17 years. She believes it is important to be at the forefront of what's happening in diabetes care, and she enjoys keeping her brother well-informed and motivated. Prior to working in the diabetes world, Aileen was a midwife for 17 years. In her spare time she volunteers for charity work involving children, believing that every child deserves the best possible chance in life. She also enjoys salsa dancing, attending sports games - especially rugby, traveling and meeting new people.

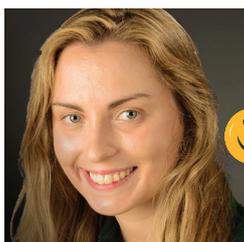
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## Saheela Mohammed

**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.

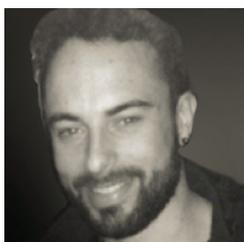
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## Rebekah Sutherland

**Rebekah Sutherland** was diagnosed with T1 diabetes in 1998 at 36 months old. She attended her first Friend for Life UK Conference in 2010, her first Friends for Life Orlando Conference in 2013 and has attended both ever since, joining the volunteer staff on both sides of the Pond in 2014. Bex graduated in Social Science in 2016 and is continuing her studies at Open University majoring in psychology with counselling with a view to becoming a diabetes psychologist and educator. Since the age of 13, Bex has delivered speeches on life with diabetes at business lunches, fundraising bails, oil industry events, school assemblies and since 2015 speaks to the 2nd year medical students at Aberdeen University during their lectures on diabetes. In her spare time, she plays competitive netball, is a swimming teacher, dotes on her nephew, loves reading and enjoys a good vanilla latte.

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## Conn Walsh

**Conn Walsh** is an engineer working in the Operations planning department who started work with Abbott Diabetes Care in 2016. Hailing from Dublin, Ireland, Conn came to work with Abbott after graduating from University College Dublin with a Master's degree in Biomedical Engineering. His daily work involves management of production of BGM strips and sensors to ensure we meet our supply plan in delivering our products to customers all over the globe. Conn enjoys swimming and playing water polo and in his spare time and is currently a team member with City of Oxford water polo club. He also takes part in swimming endurance and biathlon events and will be swimming in the Oxford 1-mile lock-to-lock swim in September 2018.

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## Tracey Yuill, BSc, RN

**Tracey Yuill, BSc, RN**, qualified as a registered nurse in 2014 and have been working within the district nursing team since. She has three children: Campbell (13), Fletcher (12) and Morgan (9). Fletcher was diagnosed with type 1 diabetes in November 2017.

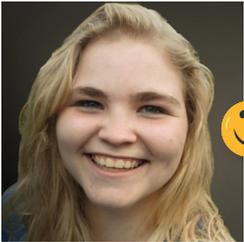
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## Shayne Weldon

**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.

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## Ella-Mae Campling

**Ella-Mae Campling** from Brighton, England, was diagnosed with type 1 diabetes at age four. She attended her first CWD UK conference in 2009, her first CWD Orlando in 2011, and has greatly enjoyed each conference she has attended. Ella-Mae studied Performing Arts and now works in a London Theatre. In her free time, she works with kids aged 4-18 in performing classes as well as enjoying reading and training animals. Ella-Mae loves the support and relationships CWD has helped create and is so excited to work with the kids this year!

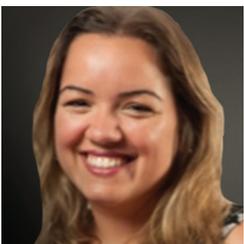
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## Judith Kennon, BSc, Dip Nursing, RAN

**Judith Kennon, BSc, Dip Nursing, RAN**, has been a Diabetes Specialist Nurse for five 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 a one year old son and her personal hobbies and interests include music, walking, dancing, and all things Disney!

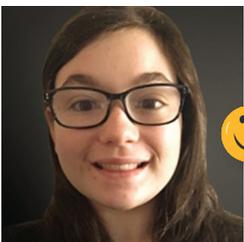
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## Karen Marcelino

**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.

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## 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.

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## Gwen Sutherland

**Gwen Sutherland** is a Trustee and Chairperson for T1 Today UK. She has volunteered on both sides of the Pond having attended her first Friends for Life UK Conference in 2010 with Rebekah (Dx'd at 36 months) and husband David. She attended her first Friends for Life Orlando Conference in 2013 and has been part of the registration team there ever since. Gwen works in her husband's criminal defence law practice when not organising and working on the CWD Conferences. She and David have three other children, Jamie, Gemma and Sarah and a gorgeous wee grandson Aaden who has brought so much joy and laughter into all their lives.

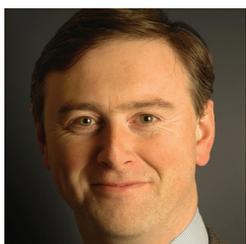
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## Ashley Head

**Ashley Head** is husband to Shayne and dad to Jake (28) and Phoebe (22, Dx T1D 2001). He is Director of an International Event Logistics company, owns Lewes FC 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 also a trustee of T1 Today UK.

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## Chris Sutton

**Chris Sutton** is a Trustee of T-1 Today UK, the charity that now funds and organises Friends for Life UK. He is husband to Teresa and father of Daniel, Hannah (diagnosed 2010) and Mattie. Chris is a Lecturer in the School of Mathematical Sciences at Queen Mary University of London. He is also a Fellow of the Institute of Actuaries having previously held a number of positions in financial services. Chris has appreciated the education and support offered by CWD FFL conferences over a number of years and is excited to be at Crieff this year.

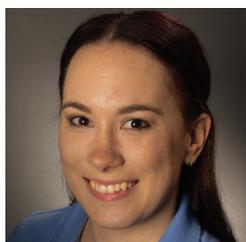
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## Laura Billetdeaux

A finicky connoisseur of hotel meeting space, cappuccino, and kid-friendly cheese and fruit platters, **Laura Billetdeaux** is CWD's VP of Education and Programs. Since 2000, Laura has organized every US conference and had organised the UK conferences until 2015 when the UK charity was established, always keeping in mind the true purpose of Children with Diabetes — education and support of families with type 1, and always keeping in mind why it all works – the efforts of so many dedicated individuals. Laura lives in Manchester, Michigan with her husband Neal. They are parents of Sam and Carolyn who both serve as faculty at Children with Diabetes conferences as time allows.

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## 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 regional and annual 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!

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# Conference Staff



## Martin Carr

**Martin Carr** is Dad to Laura and Martin and papa to Hamish. His Martyn son was diagnosed with type 1 diabetes in February of 1993. Martin has attended Friends for Life conferences in Orlando and UK since finding FFL in Orlando while on a family holiday in 2003 where he has helped in Sports Central, registration, and room captain.

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## 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.

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## Jeff Hitchcock

**Jeff Hitchcock** is the Founder, President, creator, editor, and webmaster of Children with Diabetes. After earning a degree in computational mathematics in 1981, Jeff worked in high tech and traveled the world, meeting Brenda, who would become his wife, in Africa. He worked in defense related industries until 1995, when he started a small Internet company and launched Children with Diabetes. He subsequently worked at LEXIS-NEXIS and Pearson plc on Internet initiatives, and now works full time bringing Children with Diabetes to you.

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## 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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The Halloween Party was a lot of fun

Friends for Life® UK  
Flashback  
2015  
<< 



## Rosa Martin

**Rosa Martin** is Grandma to Rebekah Sutherland (dx'd August 1998), Jamie, Gemma, Sarah, Anna and Eve and very proud "GG" (great grandma) to Aaden. She was an infant teacher but has been retired now for 34 years and does not know how she managed to find time to work. She enjoys her garden and spending time with her family. Rosa has attended CWD conferences in both Windsor and Glasgow and is excited to be part of the Friends For Life Family.

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## Glynn Robinson

**Glynn Robinson** is married to Penny and has four children including Sophie 16, T1 for 14 years. He has attended Friends for Life conferences in the UK since 2009. He runs an IT Services company with offices in the UK & USA 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 (16) diagnosed in 2004. She spent two years as parent lecturer at Leeds Beckett University on the MSc Advanced Diabetes Educator course providing the family perspective, and was a parent representative for Yorkshire & Humber in the National CYP Diabetes Network. Currently Penny is a community outreach volunteer for JDRF North, research speaker for JDRF, and treasurer of CWD UK. Her day job is running a property business.

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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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