

Dear Helen, Sally, Ned and Emma,

I wanted to say a massive message thank you for all the help, support and care I've received from BDEC since my diagnosis. I had a really really tough first year as a type 1, especially with the measures I had to take to be able to run.

I am now fitter and healthier, and in a better place than I have ever been as a type 1. I no longer feel limited or controlled by type 1, I'm brave to being myself with the same confidence and engagement of life as I had pre-diabetes.

THANK YOU ALL SO MUCH!!!

- on the cover is me running the Runners with Type 1 Half (first race without a high & I could concentrate more on running & less on type 1, whereas previously the run was hard). on the inside is me at mile 10 & the finish to the Portland Coastal Half Marathon.

Thank you for making this possible for me!!!

You guys are awesome!!!

Andy

