

CONNECT SUPPORT INSPIRE

Annual Review 2019



**TYPE 1 DIABETES
FAMILY CENTRE**

WE'RE IN THIS *together*





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A MESSAGE FROM OUR CHAIR AND CEO

What a year!

Over the past year, the Family Centre Board and team set the groundwork for realising our new, expanded mission: to reach and serve every person impacted by type 1 diabetes in Western Australia.

Now, children and adolescents who connected with the Family Centre during its first three years will have the benefit of adult mentors as they transition from paediatric to adult care, and young adults and adults can access a new suite of services designed to build relationships, support and inspire.

In 2019, due to your commitment and support, we have made remarkable impact. Together, we launched our exciting new initiative for adults with type 1 with allied health services, HbA1c testing, a well-attended series of events, information nights and education programs, and an active online community. Funding from the Facebook Community Leadership Program allows our team to visit general practitioners and pharmacies to raise their understanding of type 1 and awareness of the Family Centre, and we are on track to reach 1000 adults by the end of this year. Both of our online communities have experienced strong growth and high engagement rates, with an average of 97% of members engaging weekly, making our groups a valuable lifeline for connection, information exchange and support.

We are delivering new and effective programs: we've trained more than 500 school staff since we launched our Schools Education program this year, expanded our Babysitters' Training to include a sleepover module, and launched our first online education carbohydrate counting course, Cyber Carbs.

Our Drive your Diabetes program, which is proudly supported by Regent Motor Group and offers subsidised private diabetes education and dietetics appointments to people aged 18-25, has had strong uptake and excellent feedback from young people, who love coming to our purpose-built community centre for their diabetes care where they can access inclusive social and peer support.

The Family Centre receives no government funding for its work, so we rely on and are deeply grateful to the generous people and companies who contributed to our cause this year.

The majority of the funds we receive go directly into programs, awareness-raising services and community support, and we gratefully acknowledge our corporate and community sponsors for their generosity – in particular Leeuwin Estate Wines and Telethon, Flametree Wines, Facebook and ARC Infrastructure. In April, we launched our first signature fundraising event, Dogs for Diabetes, a 'pawsome' dog walk and community event which was proudly supported by RAC Insurance, hosted by Trinity College, and attended by people impacted by type 1 and dog lovers alike. Our community support base continues to grow, with many families and individuals running, riding, swimming and holding sporting events to raise awareness of type 1 and vital funds for the Family Centre.

We are proud that the Family Centre is making a real difference. Our work is being noticed; this year, we were

thrilled to be awarded the Outstanding Achievement Award at the 2018 Australian Charity Awards. Our diabetes educator, Amy Rush, was recognised for her dedication to her patients with the Australian Credentialed Diabetes Educator of the Year Award at the Australasian Diabetes Congress. In addition, the Family Centre's ground-breaking leadership and community-building was recognised by Facebook headquarters. In her role as CEO, Bec was honoured to receive the only Facebook Community Leadership Fellowship awarded to an Australian, and one of only 100 awarded globally.

We are immensely proud that the excellent work by our staff has been recognised for innovation and impact, both nationally and internationally, after serving our community for only four years.

We applaud and sincerely thank the Family Centre's Board and team for their outstanding commitment and dedication this year, and we are delighted to welcome a new face to our Board, Dr Natalie Sumich; Natalie brings with her a wealth of experience in general practice and her particular interests are in chronic disease management, mental health, women's health and sports medicine.

While this review is about our most recent financial year, we reflect on the correlation between the work we are doing now and the founding spirit of our organisation. When our Directors first turned the sod on the Family Centre's land five years ago, it was



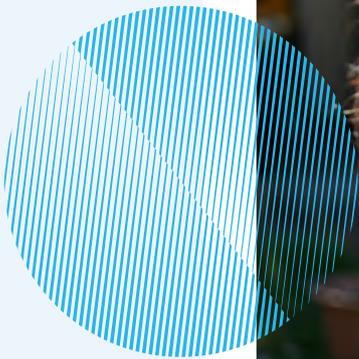
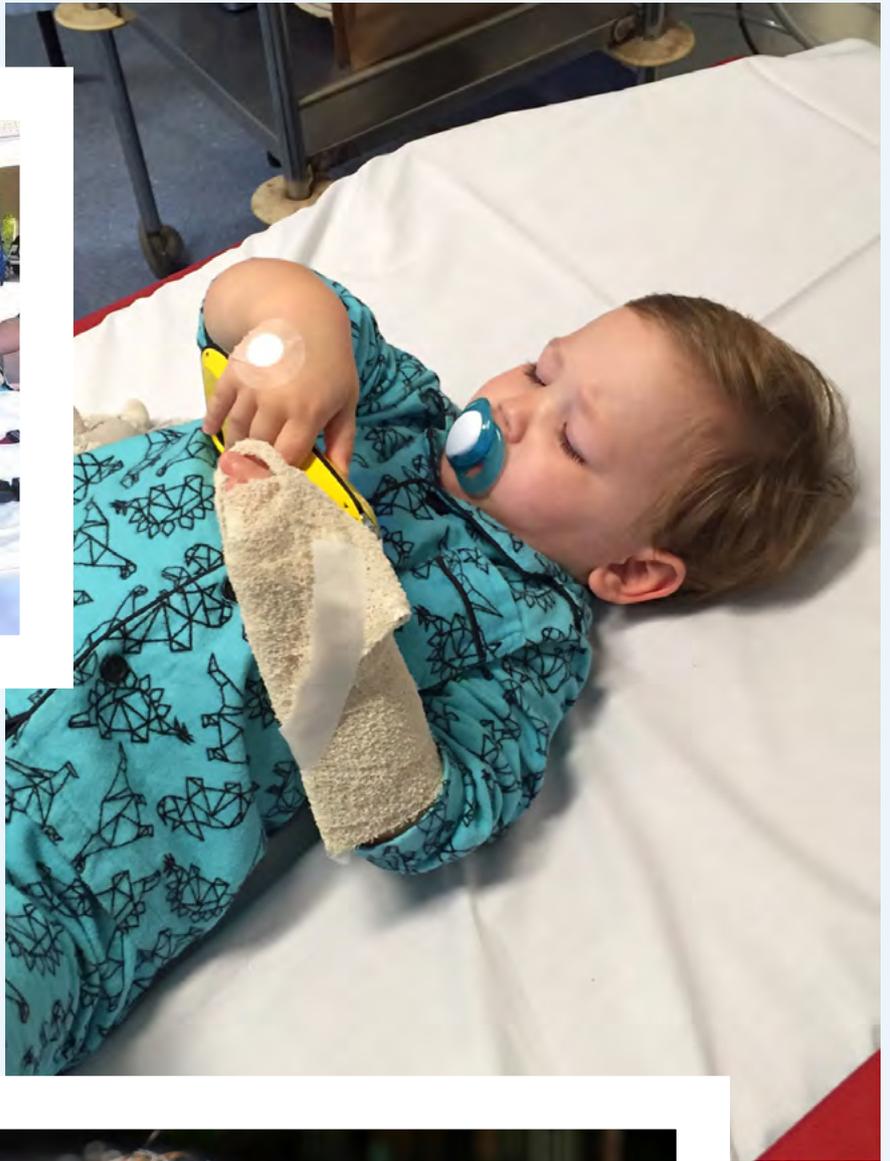
with the understanding that we would change the lives of people impacted by type 1 in Western Australia.

We began our journey, working closely with people with type 1 to design and build our facility, service and ethos. Our scope, reach and impact have changed and grown significantly since that time, but our purpose has not wavered. We remain true to our key values of empathy, excellence, action and service.

We are, and always will be, a community-based service that has been designed by people with type 1, for people with type 1. With a powerful mission, an energetic team, and an impressive track record, we are positioned to continue to achieve great things for the type 1 community.

**Jeff Newman OAM, Chair
and Bec Johnson, CEO**

**The Family Centre
is making a real
difference.**



TYPE 1 IS TOUGH

Type 1 diabetes is triggered by a combination of genetic and environmental factors; it cannot be prevented and doesn't have a cure.

It is an autoimmune disease which destroys the beta cells that make insulin in the pancreas.

Insulin has a vital role in the body: its key function is to allow the body to metabolise carbohydrates. Carbohydrates are broken down by the body to produce glucose, an energy source for cells. Without insulin, the body cannot access energy from food, and blood glucose levels become dangerously unregulated. For people living with type 1, daily treatment with multiple insulin injections or a continuous infusion of insulin through an insulin pump is necessary for survival.

Along with life-sustaining insulin, people with type 1 need to test their blood via a finger-prick test upwards of six times a day to monitor their blood glucose levels or monitor them continuously using a sensor worn under the skin. Nutrition, exercise, sleep, hormones and emotions are just some of the many factors that affect the day-to-day management of type 1. It's complex, challenging and frustrating.

Type 1 can occur at any age, although it usually develops during childhood. Australia has one of the highest rates of type 1 in the world.

There are more than 11,000 people impacted by type 1 in Western Australia, with upwards of 150 children diagnosed each year.

Poor management of type 1 has devastating long-term consequences: blindness through retinopathy, lower leg infection and amputation through neuropathies, cardiovascular complications, and kidney failure. In the short term, highly variable blood glucose levels may also result in increased episodes of hypoglycaemia (low blood glucose) which cause confusion and weakness, and can lead to seizure, coma and death if untreated.



Australia has one of the highest rates of type 1 diabetes in the world.

THE FAMILY CENTRE

Vision

A confident, connected type 1 diabetes community in Western Australia.

Mission

We offer unique education programs, supportive connections, inspirational role models, friendly clinical care and action-packed camps and events to help people impacted by type 1 diabetes and to live life without limits.



OUR IMPACT



Online diabetes communities

1267 members
5900 engagements p/month
16 community moderators
97% members engaging p/week



65% increase

- diabetes education
- dietetics
- psychology appointments



548 excited participants

at 8 school holiday events



582 school staff & babysitters trained

to support kids living with type 1



162 patients

accessed new glucose monitoring and pump technology



390 attendees inspired & informed

at 12 adult education and social events



111 vital HbA1c

blood tests performed



201 volunteer roles

filled by amazing community members



83 mini-chefs cooked up a storm

at 4 kids' nutrition workshops



50 teens socialising

at 3 teen gathos



4 camps

138 happy campers



96% of parents said camp helped their child feel better about living with type 1
96% of adolescent campers said they'd made friends that they'll keep in touch with
100% of adolescent campers said they learned new diabetes management skills on camp

OUR ACCOMPLISHMENTS

This year, the Type 1 Diabetes Family Centre was honoured to receive acknowledgement from peers and industry organisations in Australia and overseas.

TYPE 1 DIABETES FAMILY CENTRE

Awarded the Outstanding Achievement Award at the 2018 Australian Charity Awards.

This award recognises the Family Centre's exceptional work and innovative initiatives.

AMY RUSH, APD/CDE

Awarded the Jan Baldwin National Credentialed Diabetes Educator of the Year Award at the 2018 Australasian Diabetes Congress in recognition of her extraordinary contributions to the wellbeing of people with type 1 diabetes and diabetes education.

BEC JOHNSON, CEO

Awarded a Fellowship to the global Facebook Community Leadership Program: the only Australian and one of 100 people worldwide to be selected for the program, which involves a leadership development course over 12 months through Facebook and a significant grant to accelerate the Family Centre's work.





Life Without Limits:
Inspirational Speaker Series

Schools' Education

Online Parents' Community

Cyber Carbs:
Online Carb Counting Course

Babysitters' Education

Information Nights and Educational Videos

Solutions Forums:
Support for Diabetes Dilemmas



Information and Inspiration

Adult Social Catch-ups

Teen Camps



Camps and Community Events

Kids in the Kitchen

School Holiday Excursions and Activities

Teen Cooking

Family Camps

Teenage Social Events, 'Gathos' and Movie Nights

Family Centre Celebrations

Fundraising

Corporate Partnerships

Signature Fundraising Events

Online Adults' Community

Diabetes Education

Dietetics:
Cutting edge, carb-conscious nutrition advice

Flexible Insulin Therapy Workshop

Online Connection



Allied Healthcare

Diabetes Detective Program

Technology:

- Insulin Pump starts
- Freestyle Libre starts
- CGM starts and loans

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Mindset and Mental Wellness

Online Peer Support

Mental Wellness Workshops and Group Programs

raising

Clinical Psychology Services

Virtual Psychology Appointments for the Regions

Community Fundraising

Workplace Giving

OUR STORIES



KATE MORSE

When I was diagnosed in 1972, and for many years after, I was on fixed doses of insulin, ate fixed amounts of carbs and tested my blood glucose with urine tests.

Very little information about diabetes was available, and the only way to find out anything was to look it up in a book at the library. I didn't meet another person living with type 1 for over 20 years, when I met my dear friend Pat.

In 2016, I read about Bec Johnson (the Family Centre CEO) and her solo swim to Rottneest. I reached out to Bec and discovered the Family Centre and their community-based clinic led by Amy Rush, who's the best diabetes educator and dietitian I have ever seen.

I've been trying a lower carbohydrate diet with support from Amy for a nearly two years now and have had my best-ever HbA1cs (the test for average blood glucose over three months).

Since the launch of the Family Centre's new Adults' Online Community last year, I have met so many other adults living with type 1. We share our stories, tips and tricks about technology, help each other during our ups and downs, swap recipe ideas and catch up for social outings.

I think the most important thing is independence, taking ownership, and not letting diabetes define you. I am a mother, a reader, a gardener, a dog walker, cello player and an archaeologist – I never call myself a 'diabetic'. I just happen to have diabetes.

“Since the launch of the Family Centre’s new Adults’ Online Community last year, I have met so many other adults living with type 1.”

TALISHA LEE-KARUTHIRU

Being diagnosed with type 1 diabetes at age 10 was really scary.

At the Children's Hospital, I remember having a drip put in and lots of nurses and doctors rushing around me with a sense of urgency. I was afraid.

Diabetes was very hard to get used to. I have an extreme fear of needles and moved onto an insulin pump four years ago. The pump made things much easier. Having the pump meant I didn't have to rely on my Mum to do injections; I could do my insulin on my own.

Food is the hardest part. When I'm with my friends or at a party, it's hard to see everyone eating what they like and I can't, because my blood sugar levels will go high and it's no fun being at a party when I'm not feeling well. Sometimes I forget to carb count or bolus my insulin, or I just guess the carbs because I want to eat what my friends are eating.

When I'm modelling, I have to choose the sites for my insulin pump and continuous glucose monitor on my body very carefully. But sometimes I just say 'I have type 1, and this is my monitor' and I wear it during the photo shoot anyway. My diabetes is part of me.

Going on the Family Centre's teen camp was the first time I have ever stayed away from my Mum and Dad. I saw how other kids manage type 1 and it felt normal. We had such a good time and I made so many friends.

To me, the Family Centre means family, a big type 1 family. Everyone is really close and so supportive. Having friends with type 1 has helped me so much.

"To me, the Family Centre means family, a big type 1 family. Everyone is really close and so supportive. Having friends with type 1 has helped me so much."



STU ROSETHORNE

When I was diagnosed, I thought it was the worst thing that could ever happen.

I stopped looking after myself, I felt like I was missing out on everything. I got angry all the time.

For 30 years, I used to take the same dose of insulin for every meal and I had to eat to match the insulin. It was so restrictive – there were days where I had to eat and eat all day just to keep my sugar level up. Coming into the Family Centre changed everything for me.

I went to the FlexIT (Flexible Insulin Therapy) course at the Family Centre and now I know how to adjust my insulin around what and when I want to eat. It felt like freedom.

I also learned about diabetes technology. I've found wearing the flash glucose monitor I got from the Family Centre so helpful.

I can see my blood sugar spike and it's made me think I need to change what I eat.

I never knew or talked to people with type 1. I now have a starring role in the Family Centre's Online Adults' Community! I feel a lot better talking with people who understand – I feel like I'm not the only one.

I have a bucket list. I exercise and want to look after myself now; I'm not going to die young like my Dad did. I hiked up Bluff Knoll a couple of weeks ago. I felt vulnerable, being a kilometre up in the sky. It was so exhilarating to get to the top!

"I feel a lot better talking with people who understand – I feel like I'm not the only one."





THE DAWES FAMILY

Anastacia (Ana) was diagnosed with type 1 diabetes at just 10 months in 2006.

Our training consisted of a crash course week in hospital and our closest support person was a social worker who we saw only a handful of times. We were mostly alone.

Fast forward to last year when our son Alexander (Alex) was diagnosed with type 1 at the age of 11 years, and it's a whole new world. Everyone in the Family Centre's Online Parents' Community knew exactly what we were going through and their emotional support carried us through. A diagnosis is never easy but having support and people to lean on makes a world of difference.

My husband, Daryl, also lives with type 1 and he joined the Family Centre's new Adults' Online Community when it launched last year. Having support and inspiration for adults is equally important.

We've been to the Family Centre's teen cooking classes, movie nights, Christmas and mid-year parties and the Family Camp at Camp Quaranup in Albany. Family Camp was wonderful for Alex and Ana as they met other

type 1 kids. For parents, it was the first time we could sit and talk about our children's diagnoses with someone who actually understands type 1. You can't put a price on that kind of connection; you can't find it anywhere else.

Ana attended her first Family Centre Teen Camp this year and her confidence has grown so much as a result. She brought back skills which were new to us and made some gorgeous friends too. Ana hangs out with her tribe at Family Centre events, is constantly talking with them on the phone, and catching up with them at weekends.

The Family Centre and its team of dedicated staff have made such a huge difference, we have gone from being alone, isolated and lost, to being part of a supportive, compassionate and fierce tribe of type 1 warriors. We are so grateful for everything the Family Centre is and has done for us and every other Western Australian family living with type 1.

"We have gone from being alone, isolated and lost, to being part of a supportive, compassionate and fierce tribe of type 1 warriors."



BOARD

Jeff Newman

OAM
Chair

Jeff Newman's career with Channel 7 spanned five decades, and his work earned him five Logies. Jeff spent 38 years as the anchor for the Telethon Weekend, the annual 26-hour appeal raising funds to support children's health, welfare and medical research. Jeff was awarded the Order of Australia Medal in 1994 for his contributions to children's health and the community.

Jeff's vision for a bright future for every person impacted by type 1 has guided the Family Centre from the very beginning.

Rick Malone

BJuris LLB BCom
Deputy Chair

Rick practised law for more than 40 years and has been both a partner and director of national law firms. He is now a consultant with national law firm Johnson Winter & Slattery. Rick was the Foundation Chairman of the City of Perth Surf Life Saving Trust as well as the Hon Solicitor for over 20 years.

A keen golfer, Rick was Hon Solicitor for Women's Golf WA. He assisted with the amalgamation of men's and women's golf in WA and served as an inaugural Board member of the amalgamated body, Golf WA.

Bec Johnson

MPH LLB/BA DipBus(Gov)
CEO

Diagnosed with type 1 in 2001, Bec is passionate about making positive change in the type 1 community. She holds qualifications in Law and Arts (UWA), a Masters in Public Health (USyd), and a Diploma of Business (Governance). Bec is an Adjunct Research Fellow at Curtin University, a Fellow of the Australian Institute of Community Directors and a Fellow of Leadership WA. She is the only Australian to have been selected as one of the 100 Fellows of the global Facebook Community Leadership Program.

Maria Cavallo

BBus CA
Director and Company Secretary

Maria is a director of AMD Chartered Accountants and is a Chartered Accountant and Registered Company Auditor. She is the Western Australian representative on the Chartered Accountants Australia and New Zealand Regional and Rural Advisory Committee and lectures in accounting at Edith Cowan University, South West Campus.

Maria serves on the Edith Cowan University South West Campus (Bunbury) Advisory Board, the Bunbury Cathedral Grammar School Board; the Catholic Diocese of Bunbury Diocesan Finance Council, and as the Treasurer for the Bunbury Cathedral Grammar School Old Grammarians' Association Inc and Treasurer of the Catholic Parish of Donnybrook.

Shelley Robertson

BSc, GradDip(EngSc Petroleum), GAICD, MBA, BM
Director

Shelley is Executive General Manager of Energy at Mineral Resources Limited and has worked in oil and gas, renewables, mining and agriculture for over 30 years in both technical and management roles.

Shelley's youngest son was diagnosed with type 1 in 2004 and she brings deep knowledge of the lived experience of family life with type 1 to the Family Centre board, helping shape the Centre's programs and services to effectively meet needs.

Rob Towner **Director**

Following a successful stockbroking career spanning 20 years, Rob has founded several companies and is the Managing Director of ASX-listed Triangle Energy (Global) Limited. In 2007 Rob and his family established the successful boutique Margaret River winery, Flametree Wines.

Rob sponsors and hosts the annual Flametree Wines Luncheon for the Family Centre, an event which raises vital funds to support our annual Teen Camp. Rob is an active participant in his community and has served on committees at several local sporting clubs and the Christ Church Grammar School Old Boys' Association.

Dr Natalie Sumich

MBBS FRACGP
Director

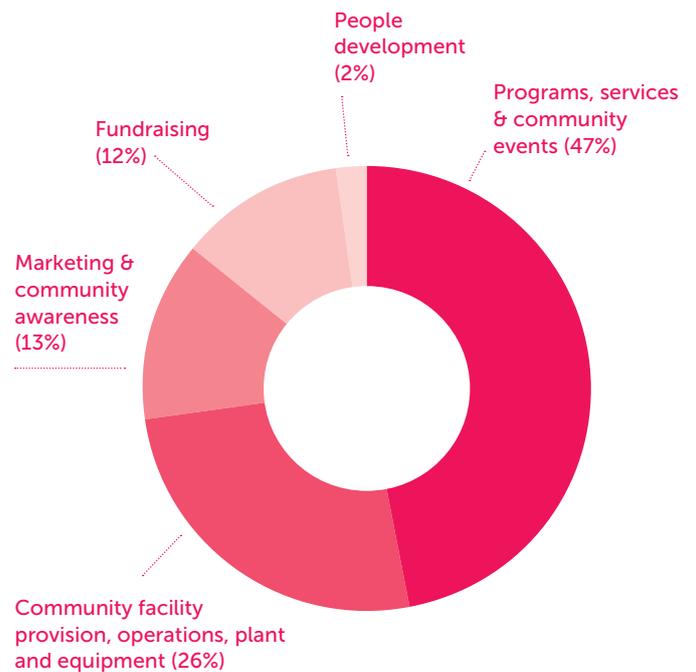
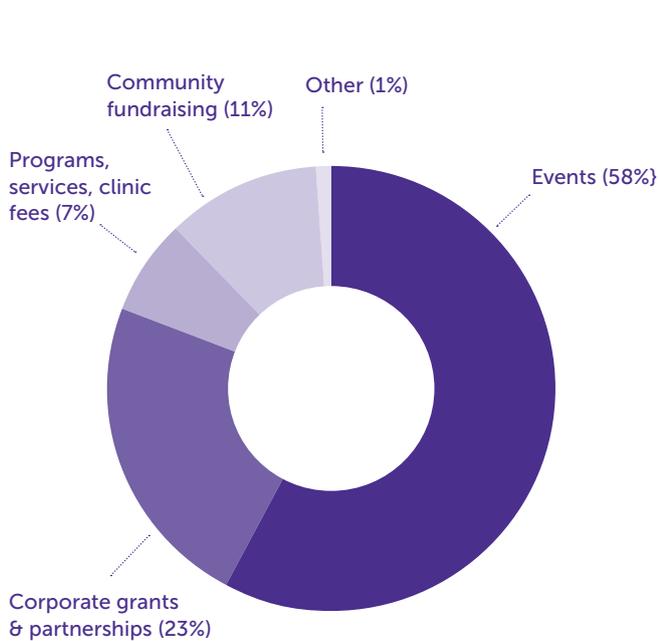
Dr Natalie Sumich joined the Family Centre Board in 2019, bringing a wealth of experience in chronic disease management to the Family Centre. A general practitioner for 23 years, Natalie has strong interests in psychosocial support, mental health, and community-based care for people with type 1 diabetes, alongside interests in family medicine with a special focus on women's and children's health.

As the Chairperson for the WA State Advisory Committee at MDA National, she is also passionate about doctors' health and wellbeing and promoting gold standard community healthcare, further progressing this interest by joining MDAN's underwriting committee in 2019.



Board left to right: Bec Johnson, Rick Malone, Shelley Robertson, Maria Cavallo, Jeff Newman OAM, Dr Natalie Sumich, Rob Towner

FINANCIALS*



INCOME

Events	\$ 699,750	58%
Corporate grants & partnerships	\$ 278,000	23%
Programs, services, clinic fees	\$ 87,900	7%
Community fundraising	\$ 135,000	11%
Other	\$ 7,000	1%
Total:	\$ 1,207,650	100%

OUTGOINGS

Programs, services & community events	\$ 366,050	47%
Community facility provision, operations, plant & equipment	\$ 208,100	26%
Marketing & community awareness	\$ 103,650	13%
Fundraising	\$ 91,450	12%
People development	\$ 11,100	2%
Total:	\$ 780,350	100%

* Subject to audit



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OUR TRIBE TALKS

“How good is it to be part of such a supportive and informative community where we can all learn from each other? Talk about living our best lives!”

Sabrina, adult community member

“I’m feeling so fortunate right now that we somehow ended up in Perth. The support the Family Centre gives to people of all ages with type 1 is incredible!”

Corinne, type 1 Mum

“I cannot thank Amy enough for her clinic sessions. Of all the people I’ve seen for my type 1 diabetes, nobody has been able to make a big change to my levels as quickly as Amy. Thank you again.”

Clinic patient

“The schools’ education session was thorough and clearly presented. Type 1 can be a scary topic but the Family Centre covered everything with professionalism and care. It helped me feel confident and not too overwhelmed in caring for this special little boy whilst he’s at school.”

Katherine, teacher

“I’m much more confident in all aspects of life. Eating out is easier and being out with friends is less stressful as I’m energetic and in control. Exercise is less unpredictable and my hypos have dropped significantly and aren’t so bad.”

Clinic patient

“I think the Babysitters’ Training course did a great job of covering type 1 diabetes management and it’s increased my confidence to help my family.”

Natalia, Aunty

“I’ve had type 1 for 32 years, and to be honest it’s the first time I’ve been comfortable talking to someone I didn’t know about it. The team at the Family Centre genuinely changed my life for the better.”

Chris, attendee at FlexIT

“We had such a great morning at the Dogs for Diabetes walk! Easy to park and lots of different stalls to look through. I loved being able to try out the agility course also with our newly rescued kelpie. Thoroughly enjoyed by our pups and kids. We will be back next year!”

Dogs for Diabetes participant

“Family camp is a must go, it will change your life for the better. The friends, fun and adventure are truly fabulous!”

Jaelyn, type 1 Mum

“Thanks to such an amazing team. You are changing lives! And helping families. Thank you from the bottom of our hearts. My child is so happy after being at Teen Camp.”

Type 1 Mum

“The Metabolism presentation at the Family Centre was fabulous! Once again, the Family Centre knocked it out of the park with an informative, entertaining, real talk on diabetes.”

Cindy, type 1 Mum

“What a star, you have proved anything is possible for type 1, it makes my heart glad for the future of my little grandson, thank you Bec.”

Paula, type 1 Grandma commenting on Bec’s Solo for Type 1

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SIGNATURE FUNDRAISING EVENTS

The Type 1 Diabetes Family Centre receives no government funding.

Income from our signature fundraising events ensures that our team can continue to reach, inspire and connect our type 1 tribe, and play a vital role in raising awareness of the challenges and complexity of living with type 1 diabetes. We gratefully acknowledge our collaborating partners, guests, participants, sponsors and volunteers who joined us to help build memorable events this year.

TELETHON LEEUWIN LUNCH, NOVEMBER 2018

The annual Telethon Leeuwin Lunch on 11 November 2019, hosted by generous supporters Denis and Tricia Horgan, raised \$498,247 for Telethon. As the official charity beneficiary of the lunch, the Type 1 Diabetes Family Centre received half of the proceeds. Over 150 guests flew to Leeuwin Estate's Margaret River winery for a stunning lunch featuring the very best local produce paired with Leeuwin's award-winning wines. Guests bid on incredible 'once-in-a-lifetime' holiday and dining experiences, artwork and jewellery in the main auction.

DOGS FOR DIABETES, APRIL 2019

Our totally pawsome new event for dogs and dog lovers, Dogs for Diabetes, was proudly supported by RAC Insurance and held on Sunday 7 April at Trinity College.

The event featured a 5km walk around the vibrant East Perth precinct and Swan River, fur-tastic market stalls, kids' activities, food trucks and loads of entertainment for four-legged friends and their families. Our heartfelt thanks to our volunteers, Millpoint Rotary, generous sponsors and, of course, the many hundreds of pooches and their families who helped raise funds for people impacted by type 1. We are excited for this new event to grow into our signature community fundraiser!

FLAMETREE WINES LUNCHEON, MAY 2019

The Flametree Wines Luncheon at Royal Freshwater Bay Yacht Club on Friday 3 May 2019, was hosted by comedian Peter Rowsthorn and a highlight was a captivating performance by type 1 teen, Anastacia Dawes, who sang 'A Million Dreams' from the movie, 'The Greatest Showman'. This year's event sold out in record time and lunch guests dug deep to reach new heights, raising over \$67,000. Heartfelt thanks to our generous sponsor Flametree Wines, Rob Towner and his family, auction donors and bidders, camp pledge supporters and guests.

BEC'S SOLO FOR TYPE 1, FEBRUARY 2019

Our CEO, Bec Johnson, lives and breathes the Type 1 Diabetes Family Centre's mantra 'life without limits'. Bec spent six months training in the pool and open water for the 2019 Rottnest Channel Swim, fine-tuning her swim technique and type 1 management strategies in preparation for her solo. On 23 February, Bec completed the 19.7km crossing in 6 hours 58 minutes, smashing her previous solo time by nearly three hours. Along the way, Bec raised over \$32,000 for the Type 1 Diabetes Family Centre. Thank you to Bec's swim sponsor, Rottnest Express, and to the generous donors for contributing to Bec's Solo for Type 1.



THANK YOU TO OUR CORPORATE AND COMMUNITY SUPPORTERS

The Type 1 Diabetes Family Centre sincerely thanks all our passionate and committed individuals, families, sporting groups, corporate partners and community organisations who have supported us so generously this year.

Our community events calendar continues to grow and, with that, so does our capacity to maintain our innovative programs, services and activities for people impacted by type 1 diabetes.

FOUNDING SPONSORS

Our site in Stirling and the construction of our state-of-the-art facility was generously funded by our three founding sponsors:



CORPORATE SUPPORTERS

AHG	Lala Design
AMD Chartered Accountants	Leeuwin Estate and the Horgan Family
Arc Infrastructure	Mandoon Estate
Aussie Pooch Mobile	MotorOne
Benara Nurseries	North Perth Community Bank
British Sausage, Ham and Bacon Company	Pet City
Bunbury Centrepont	RAC Insurance
Bunnings and Bunnings team members	Regent Motor Group
Diabetes WA and the National Diabetes Services Scheme	Rottnest Express
Erceg Management	St George Foundation
First National Genesis Real Estate	Suez Recycling and Recovery
Flametree Wines	Telethon
Fujitsu General Australia	Trinity College
Health Freak Café and Kapitool Kitchen	Viva Photography
HLB Mann Judd	Wesfarmers
Intersight Design	Wise Winery
Kate Elsey and Linton & Kay Galleries	180 Cakes

COMMUNITY FUNDRAISERS

Art en Sol	Rick and Victoria Malone
Bec and Otis Habbits	Roger Hanney
Bec Johnson	Rookie Racers 098 – Tim Newton and Luke Buttersfield
Bill Symons and the Currambine TAB	Rotary Club of Mill Point
Bob Bollen	Rotary Club of Osborne Park
e-Swim Squad	Sabrina Davies
Jeff and Pat Newman	Sandra Pipe, Jo Seymour and Family
Jennifer Burton and Foothills Circle of Friends Craft Association	Smith family
Jim Litis	Sue Churchman and Morley Craft Association
Julie Otremba and Monika McCarthy	Teresa Newton and Paua Rose Netball Club
Katherine Vandenberghe	Terrie Delroy and family
Kristian Menegola and Streetlights	
Lions Club of Whitfords	
Mark Edgley and The Great Moscow Circus	
Munda-betes Epic Adventure – Kyle Masterman and Richard Reeves	
Nicole & Ziggy Walton	
Paul Anning	

SPOTLIGHT ON OUR COMMUNITY FUNDRAISERS

ROOKIE RACERS 098

Tim Newton (type 1 Dad) and his best mate, Luke Buttersfield, tackled the gruelling 124km Avon Descent in a customised speed boat. They were inspired by Tim's young daughter, Lucy, who lives with type 1 diabetes. Together, with the support of their generous Merredin community and sponsors, Tim and Luke raised over \$14,600 and highlighted the daily challenges of living with type 1 through their social media updates.

FACEBOOK BIRTHDAY FUNDRAISERS

Every day, 45 million Facebook users send birthday well wishes. In a new initiative, Facebook users can now use their birthdays to donate to not-for-profits, such as the Type 1 Diabetes Family Centre. This year, the Family Centre has been the recipient of donations in lieu of presents from many people celebrating their birthdays. Hip, hip, hooray!

TERESA NEWTON & PAUA ROSE NETBALL CLUB

The annual Charity Netball Cup continues to grow each year thanks to the efforts of Teresa Newton (type 1 Mum) and her friends at the Paua Rose Netball Club. Over 500 netballers hit the courts at Kingsway in April 2019, helping to raise \$13,500 for the Family Centre.

THE GREAT MOSCOW CIRCUS

Mark Edgley's famous Great Moscow Circus' popped up around Perth and thrilled audiences with daredevil performances, comedy acts and breathtaking high wire feats. Proceeds from tickets sales raised \$3,435.

JEAN CLAUDE VAN RAMME

The Vandenberghe family and Wattle Dale Fine Merino Stud very generously donated \$2,100 from the sale of Lot 32 (aka Jean-Claude van Ramme) at the annual Merino Breeders' Sale in Esperance.

MUNDA-BETES EPIC ADVENTURE

Mountain biking mates, Kyle Masterman (who lives with type 1) and Richard Reeves, hit the iconic Munda Biddi off-road cycling trail stretching from Mundaring to Albany. Wet, cold and muddy conditions didn't dampen their spirits and, together, Kyle and Richard raised over \$6,200 and inspired the type 1 community along the way.





TYPE 1 DIABETES FAMILY CENTRE

SOCIAL MEDIA

Follow the Type 1 Diabetes Family Centre online and stay connected with our important work

TYPE 1 DIABETES FAMILY CENTRE
type1familycentre.org.au

f @type1familycentre

@ @type1familycentre

in type1familycentre

ONLINE PEER SUPPORT

facebook.com/groups/t1fcparents
facebook.com/groups/t1fcadults

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