

## MEDIA RELEASE

# **[Location name]** local walking for a world without type 1 diabetes

*[Name of community member] from [suburb] is raising funds for type 1 diabetes (T1D) research, inspired by [their/child's/partner's/connection's] journey with the condition*

**[Date of release, location of release]** – [Name of community member] is participating in this year's One Walk, a Breakthrough T1D (formerly JDRF) fundraiser hoping to raise \$1.1 million for life-changing T1D research.

Breakthrough T1D is a leading funder of T1D research worldwide. The organisation supports the best and brightest researchers working to find cures and improve lives for over 140,000 Australians living with T1D and the eight more diagnosed every day.

*If you're walking for a special some1...*

[Name] is participating for their special some1, [special some1's name], their [self/connection] who lives with the lifelong autoimmune condition.

[Connection] was diagnosed with T1D x years ago when [input a few paragraphs here on personal experience with T1D journey. Recommend including information about the diagnosis experience, any family history of the condition and if it was a surprise, and how adjusting to T1D management impacted your family/your friend. This can be included as quotes, if you like.]

*If you're walking for yourself...*

[Name] is participating after being diagnosed with T1D x years ago when [input a few paragraphs here on personal experience with T1D journey. Recommend including information about the diagnosis experience, any family history of the condition and if it was a surprise, and how adjusting to T1D management impacted you. This can be included as quotes, if you like.]

Each year, One Walk brings around one million people together worldwide. Participants fundraise for their special some1 in the lead up to One Walk followed by a celebration of their efforts at in-person events.

This year, there are more than 40 events planned around Australia, from city centres to regional hubs. This includes an event in [location name] on [date of event], with a day full of community connection, fundraising and walking planned.

Proceeds from the day will all go towards life-changing research aiming to turn type 1 into type none, for [name of special some1] and thousands of Australians just like them.

[Placeholder here if you would like to include a quote about what your family is excited about for the day of Walk or any details about how you are fundraising, and how much you have raised.]

This year's One Walk could help support research ranging from early detection of T1D onset prior to serious illness, to finding ways to help the body produce its own insulin once more.

Visit [walk.BreakthroughT1D.org.au](http://walk.BreakthroughT1D.org.au) to sign up and find a One Walk event near you.

**-ENDS-**

## **About type 1 diabetes**

T1D is an autoimmune condition that can be diagnosed at any age and cannot be managed with diet or lifestyle changes. It occurs when the body mistakenly attacks cells in the pancreas needed to produce insulin.

The condition requires meticulous management day and night through blood glucose (sugar) monitoring and a constant supply of insulin by injection or pump. There are currently 140,000+ Australians living with T1D and a further eight diagnosed each day.

## **About Breakthrough T1D**

Breakthrough T1D is the leading global organisation funding type 1 diabetes (T1D) research. Our staff and volunteers in seven countries, including Australia, are dedicated to advocacy, community engagement and our vision of a world without T1D.

Our mission is to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications. To accomplish this, Breakthrough T1D Australia has invested over \$260 million into research since our inception.

We collaborate with academic institutions, policymakers, and corporate and industry partners to develop and deliver a pipeline of innovative therapies to people living with T1D.

## **Media contact**

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