



# Workplace Support Kit



# Do you have an employee who's living with or impacted by type 1 diabetes (T1D) in your organisation?

Chances are, you probably do. More than 140,000 people live with T1D in Australia, and 8 more Aussies are diagnosed with it each day – plus, over 1 million Australians love or care for someone with T1D.

T1D is an autoimmune condition that currently has no cure. People living with it need to monitor their blood glucose levels, and administer insulin multiple times a day, either through injections or an insulin pump. It's a relentless, brutal condition that needs to be managed 24/7, 365 days a year, with no breaks.

Breakthrough T1D is committed to changing the future of the condition – and you're invited to help us get there.

**You can join the growing list of organisations that are making a difference by raising T1D awareness and fundraising to make a meaningful contribution to a worthy cause.**

**This kit explains some fun ways you can get your employees or colleagues on board with our mission to type 1 into type none.**

# About us

## Breakthrough T1D (formerly JDRF)

Breakthrough T1D (formerly JDRF) is the leading research, advocacy and community support organisation for T1D globally. Our vision is for a world without T1D. Our mission is to accelerate life-changing breakthroughs to cure, prevent and treat T1D and its complications.

Since our inception over 50 years ago, we've transformed the understanding of T1D and have been a part of every major breakthrough in T1D care.

Everything we achieve is made possible thanks to the support of our dedicated community fundraisers (including organisations like yours!), philanthropists, partners and Governments.

## About T1D

T1D is a chronic autoimmune condition that can develop at any age. There is nothing anyone can do to prevent T1D, and right now there is no known cure. T1D is caused by the immune system mistakenly turning on itself, destroying beta cells within the pancreas, which takes away the body's ability to produce insulin. Insulin allows the body to process glucose from food to create energy, and we need it to live.

Symptoms of T1D can include the 4Ts:



### Thirsty

Drinking a lot more than usual.



### Tired

Not having the usual amount of energy.



### Thinner

Unexplained weight loss.



### Toilet

Peeing a lot.

Other common symptoms include constant hunger, blurred vision, nausea and vomiting.



## The impact of living with T1D

With the right management, people with T1D can live long and happy lives. Advances in medication and technology have made life easier and safer, but people living with T1D can still face short- and long-term health complications. Some of these can lead to very serious illnesses or even, tragically, death.

Managing T1D means a 24/7 battle with no breaks, and facing an extra 180 decisions a day to remain safe and healthy. Not only that, but people living with T1D must constantly monitor their blood glucose levels (BGLs) all day and night, while trying to keep their BGLs in the optimal range. Everyday factors such as exercising, eating, playing, sleeping, stress and taking medication can all impact BGLs.

## T1D complications

People with T1D must be prepared for potentially life-threatening episodes of hypoglycaemia (low blood glucose), as well as hyperglycaemia (high blood glucose). In addition to these, T1D can cause several long-term health complications. Almost half of all adults with T1D have at least one long-term health complication.

These can include:

- cardiovascular disease
- kidney disease
- nervous system damage
- vision loss and blindness
- various mental health impacts, including diabetes distress, anxiety and depression.

Breakthrough T1D funds research that aims to reduce the number of people who experience these impacts – and to one day cure the condition, turning type 1 into type none.



# One Walk

One Walk is the world's largest type 1 diabetes fundraising event – and it's coming up in March 2026!

During One Walk, you can connect with the T1D community at family-friendly events across Australia, featuring loads of fun, food and entertainment.

By participating, you'll be helping to fund cutting-edge research to find cures for T1D and improve the lives of people living with the condition. It's the perfect time to celebrate your organisation's support of Breakthrough T1D Australia and help us turn type 1 into type none.

## How can your organisation get involved?

By participating in One Walk, your organisation can help raise vital funds for research that's changing lives every day, while demonstrating your commitment to social responsibility and community impact.

It's also a wonderful opportunity to raise awareness and understanding of T1D in your workplace, to foster empathy and inclusion, and engage staff through a meaningful cause.

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It's all about fitness, fun, community and a terrific cause. Gallagher teams embraced the concept, with more than a dozen office locations across Australia getting involved.

- Robin Moore, Gallagher



# How to raise funds for T1D research

Your organisation can fundraise for One Walk any way you like! Here are some popular ways organisations choose to get involved.



## 1) Join the virtual One Walk Step Challenge

Get your workplace moving for a cause! Walk together during lunch breaks or set a fun competition for employees to see who can reach the highest step count in March, with a prize supplied by your organisation. Encourage participants to share their progress and fundraising pages with friends, family and clients to rally donations for life-changing T1D research.



## 2) Match and multiply

If your company offers corporate matching, use it to double your impact. Inspire team members by matching donations raised in a specific period or rewarding those who meet fundraising goals. It's a powerful way to boost contributions and show your commitment to the cause.



## 3) Host a family fun day at a local One Walk event

Set up a corporate marquee at a One Walk event (see locations and dates near the end of this guide). Organise simple, fun activities for a gold coin donation and invite your employees, their families and friends to join in. It's a great way to bring people together, celebrate your team's impact, and show your support for life-changing T1D research. Bonus points for creating matching team t-shirts to wear on the day!

If your organisation would like to get involved at an event, reach out to your local Breakthrough T1D contact; you'll find their details on the back page.



#### 4) Blue-themed afternoon tea

Host an educational morning or afternoon tea all about T1D. Serve up some tasty blue themed baked goodies for purchase and donate the funds to Breakthrough T1D.



#### 5) Blue dress up day

Encourage staff to wear blue for a gold coin donation and raise awareness for T1D at the same time. You could even run a “best blue outfit” contest and award a small prize to the winner!



#### 6) Host a raffle

Ask local businesses or suppliers to donate prizes, then run a raffle in the office (or at your One Walk event). It’s an easy and engaging way to boost donations while connecting with your local community.



# Raise awareness

Alongside raising funds for T1D research, it's just as important to help staff learn about T1D and understand why supporting this cause matters. It also helps those in your workplace impacted by T1D feel seen, supported and understood, fostering a caring and inclusive culture.

Here are some ways you can raise awareness and education around T1D and help employees feel more connected to the cause.

1

## Spread the word about common signs and symptoms

Spread the word about the 4 common symptoms of T1D (the '4Ts'). Breakthrough T1D offers a [range of helpful visuals you can hang up around your workplace.](#)

2

## Invite speakers to share their experiences

Spread awareness of T1D by inviting a guest speaker – such as a local diabetes educator, health professional or someone living with T1D – to share their experiences and insights at a company-wide meeting or morning/afternoon tea. If you have a staff member impacted by T1D, you could ask them if they feel comfortable sharing their story. Hearing real experiences helps create understanding, empathy and support in the workplace.

3

## Share guides and resources

Breakthrough T1D has created a resource to help educate the public about T1D. It contains answers to common questions people may have, as well as information on how they can support their colleagues and friends with the condition. You can [download a copy here.](#) You might also like to share [this myth-busting fact sheet.](#)

**If you need further support or resources, just reach out!  
Our contact details are on the last page.**

# Ready for your workplace to get involved? Here's your One Walk action plan:

## 1. Sign up to One Walk as an organisation

[Register for One Walk as an organisation](#). This is also where you'll create your fundraising page to share with your networks and collect donations for life-changing T1D research!

## 2. Spread the word and gather support

Tell your staff about One Walk through a company-wide email or meeting, and share how you're planning to fundraise.

## 3. Request the Breakthrough T1D logo and design some materials

Add an official touch to your promotional materials by including Breakthrough T1D's logo. Request it by contacting your local Breakthrough T1D contact (found on the last page), then feature it on your posters, newsletters, email signatures, and digital assets.

## 4. Start fundraising your way and share your page

Choose your favourite activities and start fundraising. Don't forget to share your fundraising page far and wide, through social media, email signatures, and [posters like this](#).

## 5. Celebrate your impact at One Walk

Thank everyone for their invaluable support in helping turn type 1 into type none – and join your local One Walk event to celebrate your efforts!



# 2026 One Walk locations

## ACT

Canberra – 1 March 2026

## NSW

Blue Mountains – 1 March 2026

Newcastle – 8 March 2026

Port Macquarie – 8 March 2026

Penrith – 15 March 2026

Sydney – 22 March 2026

Grafton – 22 March 2026

Illawarra – 29 March 2026

Central Coast – 29 March 2026

## NT

Alice Springs – 18 April 2026

Darwin – 17 May 2026

## QLD

Redlands – 8 March 2026

Cairns – 8 March 2026

Toowoomba – 8 March 2026

Moreton Bay – 15 March 2026

Gold Coast – 15 March 2026

Yeppoon – 15 March 2026

Brisbane – 22 March 2026

Hervey Bay – 22 March 2026

Sunshine Coast – 29 March 2026

Mackay – 29 March 2026

Townsville – 29 March 2026

Emerald – 29 March 2026

## SA

Barossa – 15 March 2026

Mt Gambier – 15 March 2026

Adelaide – 22 March 2026

Riverland – 29 March 2026

Port Lincoln – 29 March 2026

## TAS

Hobart – 11 April 2026

Launceston – 12 April 2026

## VIC

Wangaratta – 1 March 2026

Mildura – 1 March 2026

Albury – 8 March 2026

Bendigo – 15 March 2026

Rosebud – 15 March 2026

Lilydale – 22 March 2026

Geelong – 22 March 2026

Ballarat – 22 March 2026

Melbourne – 29 March 2026

## WA

Perth – 8 March 2026

Busselton – 15 March 2026

Geraldton – 22 March 2026

Find a nearby location



# Get in touch

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