

Yada Yada: November 2012

The Seed Award Special Edition



Support, Information and a Voice for the Type 1 Community

In This Issue

[HypoActive: 2012 Seed Award Winner!](#)

[About the Seed Award](#)

[Do you need Starter Kits before Christmas?](#)

Quick Links

[Join the discussion - REALITY CHECK online forum](#)

[DONATE HERE to support the Type 1 Diabetes Network](#)

[Resources for Health Professionals](#)

[Online community for parents: MUNTED PANCREAS](#)

[T1DN Online Module - Living with Type 1](#)

[More About Us](#)

Join Our List

[Join Our Mailing List!](#)

Greetings!

Happy World Diabetes Day! As well as celebrating a day of global recognition and awareness for diabetes, we are announcing the winner of our third annual [Seed Award](#), generously sponsored by Roche.



And the winner is ... HypoActive. Congratulations to everyone involved with the HypoActive team!

Congrats HypoActive: 2012 Seed Award Winner!

[HypoActive](#) is a dedicated group of people with type 1 who are passionate about the health benefits of exercise and work hard to support this in the community. They organise teams of type 1s to participate in cycling, running and swimming events around the country, as well as promoting these events. They regularly recount inspirational stories of completed challenges in a monthly newsletter and on their website.



HypoActive started in 2003 when a small team of type 1s entered the two day 520 km [Murray to Moyne Cycle Relay](#). Since then HypoActive has expanded to now have over 450 members throughout Australia. Founder and long-term president [Monique](#)

[Hanley](#) worked tirelessly to get the organisation up and running and continue its early efforts while leading HypoActive into the position it's in today. She stepped down at the start of this year

and Gavin Wright became president. Gavin, along with the committee, has worked really hard to build on Monique's great accomplishments.

While a largely Victorian-based organisation, HypoActive is growing, with teams participating in the [Brisbane to Gold Coast Cycle Challenge](#), as well as the [Herald Sun CityLink Run for the Kids](#) and the [24-hour Mega Swim for MS Australia](#) in Melbourne each year. Over the last three years of the Murray to Moyne Cycle Relay, HypoActive has placed a greater focus on fundraising and the team has raised more than \$10,000 each year to support [camps for children with diabetes](#). You can read the [report of this year's Murray to Moyne](#) and check out many other motivating stories from HypoActive events in their [news archives](#).

As well as these official events and the physical challenges involved, HypoActive members also share knowledge and experience about how exercise affects blood glucose levels and how to deal with the challenges that come with exercise while avoiding hypos and highs.



HypoActive is built around the belief that exercise is fundamental to a healthy lifestyle and may make managing type 1 easier - although as with all things diabetes everyone is different and adjustments are needed as you get used to how your body responds. HypoActive president Gavin Wright said that having a team of people who are dealing with the same issues and have gone through the same struggles in the past can be empowering and eye opening for type 1s who haven't had this type of group experience before. While some of their events may seem daunting, HypoActive is open to type 1s of all abilities and levels of fitness - the only thing needed is to get up and join in.

We caught up with Gavin recently. He became involved in HypoActive in 2005 after his endo told him about a 'mad' group of type 1s doing the Murray to Moyne cycle relay. Gavin has added some incredible 'mad' rides of his own since then, including cycling over the highest surfaced road in the world (4818 m) in Peru, and through the Atacama Desert and attempting to ride up the highest volcano in the world - an attempt that was only turned around by poor weather. He says that every long ride has its own story and is challenging in different ways - challenges that he has always overcome.

Gavin writes the HypoActive newsletter, and also won a [Sweet Talk award in 2011](#). He is passionate about getting type 1s

involved and active, and about the physical, social and psychological benefits that participating in HypoActive events can bring to those of us living with type 1. HypoActive member Trevor spoke about the benefits when he said "I have been a Murray to Moyne team member for 3 events and have learnt so much about diabetes management from my fellow T1 team members & am now inspired to improve my cycling abilities (despite my vision issues)."

Next year will bring the return of the AcT1vate weekend on March 2nd and 3rd. AcT1vate is an incredible event with talks and workshops on how to manage exercise and type 1. It can be a life-changing experience for those who attend and is a massive and important undertaking from HypoActive. Keep an eye on their website for more details or [sign up for their monthly newsletter](#) to keep up to date.



We think that the HypoActive team are doing fantastic work. Gavin said that the entire committee was really chuffed to win the Seed Award and get the recognition that it brings. Congratulations again!

HypoActive would love to promote and support more events around the country. If you have an event you'd like to organise a team for, or you'd like to join an existing team, they'd really love to hear from you. You can check out their [website](#), [Facebook page](#) or email Gavin at gavin.wright@hypoactive.org.

We'd also like to thank Roche for their fantastic support of the 2012 Seed Award.

*****Sponsored Announcement*****

Roche

**Congratulations to the 2012
Sweet Talk Awards winners**

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About the Seed Award

In 2010, in recognition of the critical role that Melinda Seed played in the development of the Type 1 Diabetes Network over many years, we instigated [The Seed Award](#), which recognises people who have shown the strong values and commitment that Melinda has contributed to the type 1 community for many years.

Open to both individuals and groups, nominations for the Seed Award are judged by the T1DN committee according to how the nominees:

- provided support, information and/or a voice for the type 1 community;
- demonstrated initiative and intelligence in their endeavours; and
- have been committed to the principle that people living with type 1 diabetes can and should have a voice in the decisions that affect their lives.

Attention health professionals: Do you need Starter Kits before Christmas?

If you need copies of the [Starter Kit](#) before the end of the year, please place your order with Colleen at colleen@d1.org.au before Friday 14th December.



Any orders placed after this date won't be delivered until late January 2013, so make sure you get in before the deadline.

All the best!

***From everyone at
The Type 1 Diabetes Network***

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