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With resilience into the new year

Welcome to the last issue of Diabetes Ireland in 2021. This time last year, we were looking back on a 12-month period that had been "like no other" and we wondered what was to come. This year has unfortunately proven to be an extremely tough year again.

With concerns over case numbers and variants, the Covid-19 pandemic will continue into 2022, however so too hopefully will people's resilience and determination to help our communities and frontline health workers by following public health guidelines.

Resilience is certainly something footballer, Stephanie Roche, knows all about. She took part in RTÉ's gruelling Ultimate Hell Week on behalf of Diabetes Ireland. We speak to Stephanie about the experience, as well as her nephew Archie, who was diagnosed with Type 1 diabetes at the age of seven.

We also speak to Cavan GAA footballer, Sinead Greene, who was diagnosed with Type 1 diabetes when she was in 1st year of secondary school. Now a secondary school teacher herself, she explains why every September, she tells all of her classes about her diabetes. She also emphasises why diabetes should never hold you back.



This idea was widely celebrated on World Diabetes Day (November 14). So many people and buildings went blue for diabetes and we have the pictures to prove it! This year's celebration



was particularly poignant as it coincided with the 100-year anniversary of the discovery of insulin. In a special article, our Honorary President, Prof Gerald Tomkin, looks back on this revolutionary medical breakthrough.

We also speak to Valerie Humphries, who despite a family history of Type 2 diabetes, was surprised to develop the condition herself. She then struggled with the lack of information available to her and curious to see if others had experienced the same, she carried out a survey. She speaks to us about some of the findings.

In our fundraising section, we hear about a 12-year-old girl who decided to cut off her long hair as part of a fundraiser for three charities, including Diabetes Ireland. We also hear about a fundraiser carried out on behalf of three-year-old Noah Croke, to help mark his one-year anniversary of living with Type 1 diabetes.

We also look at Diabetes Ireland's recent AGM, which was held virtually for the second year in a row. It highlighted financial concerns the charity has going forward, but it also highlighted all of the work that it has carried out in order to continue providing vital supports to people with diabetes despite the Covid pandemic. Details of the charity's ambitious new five-year strategy were also presented.

May we take this opportunity to wish you and your loved ones a very happy and safe Christmas and New Year.