



# The Pendsey Trust Newsletter- December 2014

## Letter from the President

Another exciting few months for The Pendsey Trust- with far too many highlights to summarise here! World Diabetes Day really put The Pendsey Trust, and the issues of access to insulin, on the international radar with the #insulin4all campaign gaining support from 43 countries and several major charities, and it is so exciting to see supporters of all ages and from all over the world getting involved. We also celebrated World Diabetes Day with one of our legendary quiz nights. My own personal congratulations go to Dilan Shah for completing his sponsored trek to Everest Base Camp. A particular highlight for the trustees was going down to Brighton to meet the students from Sussex University who will be travelling to Kerala next summer to complete a bicycle challenge and raise crucial money to help provide educational opportunities to those we help- and get to visit our local partner, The DREAM Trust, in Nagpur! Wishing you all a happy and safe festive period, thank you to everyone who has got involved this year, and I hope to work with you in 2015,  
Lucy x



Welcome on board to all the students at Sussex University who will be part of Team Kerala next summer, cycling 350km in 6 days across some incredible scenery to raise money for The Pendsey Trust. Led by Jess and Dara, the group already have lots of fundraisers in the pipeline and we look forward to following their progress.



## Aint No Mountain High Enough

One particularly intrepid Pendsey supporter took on the challenge of a lifetime in November. Dilan Shah, who has Type 1 diabetes himself, decided to climb to Mount Everest Base Camp to sponsor the medical costs of a child with Type 1 diabetes. As well as completing this remarkable feat, Dilan has so far raised around £1600 which will pay for 8 years of support for his sponsored child, Gaurav. Dilan has pledged to help support Gaurav until he completes education and is able to fund his own medical costs. A big congratulations to Dilan from everyone at The Pendsey Trust and watch our website for the debrief from his big adventure!



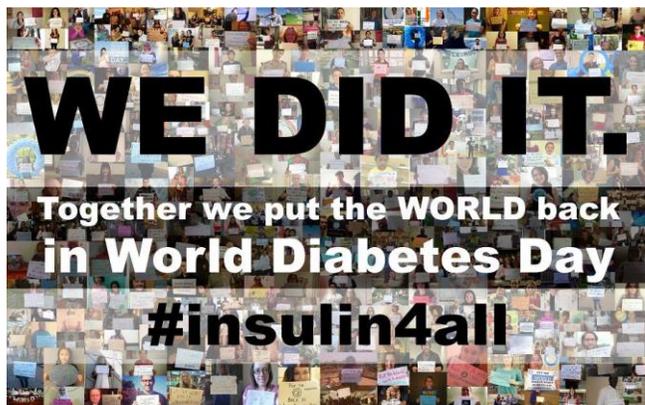
A big shout out to Oliver Fox- maybe our youngest supporter yet- who has raised an amazing £134.26 to help young people with Type 1 diabetes in India!



## Trustee Corner!

### 'Put the World back in World Diabetes Day 2014. #insulin4all'

As part of an exciting new partnership with T1 International as 'The Access Alliance', The Pendsey Trust designed and ran 'insulin4all' this World Diabetes Day. This social media campaign aimed to raise the profile of the issues of access to insulin. Supporters were asked to post a photograph of themselves holding a piece of paper with our simple slogan on and use our hashtag, #insulin4all, to retweet. We had an overwhelming response with participants from at least 43 countries and it was great to see so many people tweeting about #insulin4all. We look forward to our continued partnership as part of the The Access Alliance. Visit [www.insulin4all.tumblr.com](http://www.insulin4all.tumblr.com) to see the amazing photos we received.



### World Diabetes Day Pub Quiz

The Pendsey World Diabetes Day Quiz took place on 11th November and was attended by around 70 of our loyal supporters willing to show off their inner egg heads! Questions ranged from sport to science, and for those with a creative streak, we had a 'make it' round with the theme of 'world'. Quizzers also took part in our #insulin4all campaign and had the opportunity to buy some great homemade goodies from Elizabeth of T1International. The quiz raised an incredible £415, half of which will be used to pay the medical costs of the charity's sponsored child, Khushi, for a further year, and the rest will go towards providing educational opportunities for the young people we help. Thank you to the New Moon pub near Monument for hosting us and look out for our next quiz in February!

The work of The Pendsey Trust would not be possible without the generosity of our trustees, supporters and fundraisers. Help us offer those with Type 1 diabetes in the developing world the chance of a happy, healthy future by visiting [www.thependseytrust.org](http://www.thependseytrust.org) or email [admin@thependseytrust.org](mailto:admin@thependseytrust.org) and get involved!

