



Charity Number: 339181

March 2019

Dear Students and Staff,

Snack Pack offers support, both practical and emotional to children newly diagnosed with Type 1 Diabetes and on a continuing basis to the child and their family.

Type 1 Diabetes is a chronic life-long condition in which the sufferer is no longer able to produce their own insulin, which would be life-threatening if left untreated. It is an autoimmune disease for which there is currently no cure and its development is not preventable. It demands a very high level of complex care 24/7 and requires the children to regularly monitor their blood sugar levels through finger pricks and to administer insulin every time they wish to eat.

Snack Pack organises outings during the year, which is an opportunity for the children to get together and share their experiences, concerns, successes and just have a chance to have a good time together with other children in the same situation.

We are currently fundraising for a residential weekend to the River Dart which will be supported by the Exeter Paediatric Diabetes Team. It is a chance for the children to have lots of fun with each other, build a strong relationship with their hospital team whilst subtly teaching them the skills to self-manage their condition in preparation for adulthood.

On behalf of the children and all of us at Snack Pack, we would like to say a huge thank you to all of you at St James' High School for your support and fundraising on our behalf. It is very much appreciated and will make a huge difference to local children, living with Type 1 Diabetes.

With our warmest regards,

*The Snack Pack Team*