

## *Anne Thompson's Young Peoples Cup for Excellence*

The Anne Thompson Young Peoples Cup for Excellence is an award presented by EPC to a young person in the Parish who has come to the attention of the Council. The cup may be awarded for excellent achievement, raising awareness, contributing to the local community or for another reason that makes the young person stand out to the Council.

This year EPC awarded the Anne Thompson Young Peoples Cup for Excellence to Millie Stansfield. Millie is an 11 year old Edlesborough resident who was diagnosed with Type 1 Diabetes in October 2016. Despite the immense impact this has had upon Millie's health and life she continues to approach every aspect of her life with a smiley positive attitude.

Millie had been really thirsty and tired and had been losing weight despite eating more than ever. She had also been needing the toilet much more frequently. Her parents Becca & John now know these are 'classic' symptoms of type 1 diabetes - a lifelong condition whereby the body mistakenly attacks its own insulin producing cells in the pancreas (which control blood sugar). As a result, blood sugars can become dangerously high and cause damage to the body and, if left undiagnosed can be life threatening.

- Type 1 Diabetes is an entirely different condition to Type 2 Diabetes - which classically presents later in life and is more strongly linked to diet, lifestyle and family genetics.
- Type 1 Diabetes is usually diagnosed in childhood or teenage years (the average age of diagnosis being age 11). The cause is unknown and there is currently no cure. It is in no way linked to diet or lifestyle.



Millie has a daily regimen of at least four injections. She injects herself with synthetic insulin every single time she eats and at bedtime. She has to closely monitor her blood sugar - day and night - using her 'finger pricker' which draws a drop of blood to test her blood sugar with a monitor. She has to be incredibly disciplined in order to keep her blood sugars under control. She has to count the carbohydrate value in every single meal and calibrate her insulin to cover it. Any slight mis-calculation could have catastrophic consequences. Not only this, but her blood sugar levels can be influenced by what she eats, the air temperature, hormones and exercise. Adding all these factors together means that Millie's life is not that of a typical 11 year old. She sometimes has to sit out during sports activities if her blood sugar has dropped too low and sleep overs with friends are logistically too tricky to contemplate.



Despite all of this, Millie is a happy and healthy child and takes it all in her stride. She loves playing football with her friends for both Edlesborough School and E.B Lions and recently competed at district sports and also represented her school in cross country. She is a 'Sports Leader' at the school - helping younger children with sports by supporting them in the playground at lunchtimes and also on sports days.

When she had been diagnosed for six months, Millie decided that she wanted to become a JDRF Junior ambassador and help other children who had been newly diagnosed with the condition. The charity JDRF are unique in that they are a charity that solely raises money for Type 1 Diabetes. The money raised funds for research into the condition, in the hope that one day there will be a cure.

In October 2017, to help raise money for the charity, Millie single-handedly organised a 'Type-One-sie day' for Edlesborough School. All of the children really embraced the idea and came to school wearing their 'onesies' (of varying design and colour) in exchange for a donation to JDRF. Millie stood up in assembly - in front of the entire school - to explain about her condition and what she has to do on a daily basis.

The pupils at the school really were incredibly supportive and generous and helped Millie raise over £200 for the charity.

Millie has also signed up to a new programme at Luton & Dunstable hospital, which means she can go and visit newly diagnosed children in hospital and offer them support and advice when they need it the most.

The Council believe Millie is an incredible young person and a credit to the community.

Should any parishioner wish to nominate a young person from the Parish to receive this award in 2019 please contact the Clerk.