



RIDE4T1

FREE COMMUNITY DAYS

FIVE TYPE 1 DIABETES GET-TOGETHERS. PICK YOUR NEAREST.

A relaxed day of short talks, honest Q&A and good conversation - with people who actually live with Type 1. Free - reserve your spot with the QR code, or just drop in on the day.

LIVING WITH TYPE 1

PARENTS & CARERS

KIDS & FAMILIES

**HEALTHCARE
PROFESSIONALS**

EXETER

Saturday 29 August · Double Locks Pub

BRISTOL

Monday 31 August · Ashton Court Estate

LEEDS

Sunday 6 September · The Brownlee Centre

EDINBURGH

Saturday 12 September · The Meadows

INVERNESS

Wednesday 16 September · Cathedral Community Hall

What is Ride4T1? An awareness ride from Land's End to John O'Groats - 1,891 km off-road in 25 days, every rider living with Type 1 Diabetes. These Community Days are the stops along the way, hosted with Enhance-d. Not to prove a point, but to share one: Type 1 is no barrier to an active life.

RIDE4T1.COM



SCAN TO RESERVE YOUR SPOT

SUPPORTED BY



TOGETHER TYPE 1

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.