

# Convoy for Kids

## Sunday 26<sup>th</sup> July 09

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Thank you for participating in the 2009 Convoy for Kids, your involvement is greatly appreciated.

Registrations commence on Sunday at **7.00am** at the Coles Regional Distribution Centre, 136 Horrie Miller Drive, Kewdale – if you have prepaid / pre registered you must get your name/company name marked off and get your hand and any accompanying children's hands stamped (this will allow them and you free entry into the Perth Truck & Trailer Show).

Coles have kindly donated 'showbags' for the children and National Foods are again supplying flavoured milk on the day. We have had great support from the WA Police and they will be available prior to the Convoy for any queries you may have.

### Convoy Itinerary

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- 7.00am Trucks commence arriving
- 8.00am Registrations begin Ensure you have your wrist band to gain entry into the Perth Truck & Trailer Show (for the driver and accompanying children only)
- 8.30am Rhodes Ridley and vintage trucks onto Abernethy Road
- 9.00am Derek Nathan (Chairman of Transport Forum) to address drivers
- 9.10am Trucks, as directed to start assembling
- 9.30am Convoy commences
- 10.00am Approximate arrival at Riverside Drive
- 12.45pm All trucks must be moved off Riverside Drive**

### Route

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The route you will follow, led by the WA Police from the Coles Distribution Centre is;

- Horrie Miller Drive
- Onto Kewdale Road
- Right onto Orrong Road
- Through to Graham Farmer Freeway
- As directed by traffic wardens onto Riverside Drive

**Note:** some drivers will be directed to turn right into Plain Street, left into Treasure Road, left into Victoria Ave and then left into Riverside Drive to park up.

**PLEASE FOLLOW THE DIRECTIONS OF THE TRAFFIC WARDENS**



## *Directions/Instructions*

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- The WA Police are assisting with this Convoy, one at the front and one at the end of the Convoy – with motorcycle outriders along the way.  
**Please follow all road rules unless directed by the Police.**

## *Parking on Riverside Drive*

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Trucks will be directed by traffic wardens to park on Riverside Drive – please follow their directions for your safety and the safety of others.

**All vehicles must be removed from Langley Park by  
12.45pm on Sunday 26<sup>th</sup> July.**

**Note:** if the forecast is rain, make sure you have your brolly and raincoat handy.

## *How to get to the Perth Truck & Trailer Show*

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Buses will be provided to ferry you to the Perth Truck & Trailer Show.

Pickup Point at Langley Park – in front of the toilets on Terrace Road

Drop off Point for the Perth Truck & Trailer Show – on Mounts Bay Road in front of the carpark between Mill street and Mercantile Lane. PLEASE USE THE OVERPASS TO GET TO THE SHOW.

Buses will be available at the Show drop off point (Mounts Bay Road) to take you back to Langley Park until 12.40pm. Buses will run approximately every 15 minutes.

## *What Is Type 1 Diabetes?*

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Type 1 diabetes (or diabetes mellitus) is a life-long autoimmune disease that usually occurs in childhood but can be diagnosed at any age. Type 1 diabetes affects over 140,000 people in Australia alone.

Type 1 diabetes is caused by the immune system mistakenly turning on itself, destroying beta cells within the pancreas and removing the body's ability to produce insulin. Insulin allows the body to process sugar to create energy, without insulin, the body literally starves as it cannot process food.

### Treating Type 1 Diabetes

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The goal of type 1 diabetes management is to keep blood glucose levels as close to the normal range as possible. It sounds easy, but in reality, this is very difficult to achieve.

To stay alive, people with type 1 diabetes must have a constant supply of insulin through injections or an insulin pump and they test their blood sugar by pricking their fingers at least four times a day. People with type 1 diabetes

must be constantly prepared for potential hypoglycaemic (low blood sugar) and hyperglycaemic (high blood sugar) reactions, which can both be life threatening.

### Symptoms of Type 1 Diabetes

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Symptoms of type 1 diabetes can include:

extreme thirst - constant hunger - sudden weight loss - frequent urination  
blurred vision – nausea – vomiting - extreme tiredness - infections

### Incidence and Prevalence

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- Type 1 diabetes is one of the most common chronic diseases in children, it occurs more frequently than cancer, cystic fibrosis, multiple sclerosis and muscular dystrophy
- Most newly diagnosed cases are in people less than 15 years old
- Approximately 1825 Australians are diagnosed with type 1 diabetes every year
- Incidence is increasing at 3.2% a year
- In Australia, around 95% of the diabetes found in children is type 1

### Insulin is not a cure - only a treatment!

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To help JDRF find a cure for type 1 diabetes, [you can donate to type 1 diabetes online](#). No matter how large or small, your gift will help JDRF continue to move research from the laboratory through to a clinical reality for the 140,000 Australians currently living with type 1 diabetes.