

Scott Allan aims to inspire youngsters with diabetes



Hibs' star Scott Allan who was diagnosed with Type 1 diabetes as a youth player will talk to children and young people on how he manages his condition as a sportsman at a special event at Easter Road on Monday evening.

The event, which is the first in a series of health promotion activities planned by the Hibernian Community Foundation and NHS Lothian, will be attended by close to 100 children who have been diagnosed with diabetes and their families.

Allan was recently named PFA Scotland Championship Player of the Year, proving that the condition does not need to stand in the way of a successful sporting career.

The popular midfielder told the club website: "I am delighted to be asked to provide positive messages to young people with diabetes. If they can draw some extra energy from meeting with me and having a conversation about how I manage my diabetes then that is fantastic. The fact that so many people want to come along is really humbling."

Leeann Dempster, Chief Executive of Hibernian FC and a Director of the Hibernian Community Foundation, said: "Scott is a high profile professional athlete and sportsman who has managed to build a successful career despite being diagnosed with diabetes.

"He manages the condition very successfully, even during matches, and because of the help and support he has received is keen to help children and young people with diabetes understand the condition, how it can be managed better, and how much can be achieved despite it. Scott approached us to

say he was keen to help in any way that he could, and to raise awareness of diabetes.”

Dr. Alan Jaap, Consultant in Diabetes, NHS Lothian, said: “Around 4% of the population of Lothian have diabetes – which although is a life-long condition, as Scott has proved, it does not need to stop you living a full and normal life.

“I’m sure Scott will act as an inspiration and positive role model for all of the youngsters attending.”

This event is by invitation only and promises to be hugely beneficial – making a difference to the lives of local children with diabetes.