

Early Type 1 Diabetes Conference 2026

Rethinking Type 1 Diabetes:
The Early Stage T1D Pivot

Conference Brochure

Friday 23 January 2026

Edgbaston Park Hotel, University of Birmingham, UK



UNIVERSITY OF
BIRMINGHAM



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Welcome

Dear Colleagues and Friends,

Welcome to the Early-Type 1 Diabetes Conference 2026: *Rethinking Type 1 Diabetes - The Early-Stage T1D Pivot*. We are delighted to invite you to join us, and deeply appreciative of your commitment to advancing early detection, improving pathways of care, and ensuring fair and equitable access for every individual at risk of Type 1 diabetes.

Today's programme brings together national leaders in paediatric and adult diabetes care and research. Together, they will guide us through the evolving science of Type 1 diabetes from staging, risk, and progression, to NICE updates, national pathways, and emerging disease-modifying therapies, including Teplizumab and what lies beyond it. These developments offer extraordinary potential, but they also challenge us to reimagine how early-stage care is delivered across our services.

Yet scientific progress alone is not enough. For these advances to make a real difference, we must ensure equitable and inclusive access so that everyone, regardless of background, health literacy, or circumstance, has a fair opportunity to benefit. Equity in healthcare requires more than equal opportunity; it demands fairness in the support, communication, and care provided. This includes adapting information for accessibility, ensuring cultural and linguistic inclusivity.

The conference sessions on transition to adult care, the psychology of holding risk, and lived family experience remind us that identifying early-stage T1D is not simply a clinical milestone it is an emotional and relational one. The interactive workshops that follow will help us translate this knowledge into practice through exploration of risk stratification, clinical case scenarios, family psychological support, and initiating insulin.

We look forward to your insights, your questions, and your contributions. Together, we can help shape a new era in Type 1 diabetes care.

With warm regards,
Dr Fiona Campbell and Dr Renuka Dias
On behalf of the Organising Committee

The sponsoring companies Abbott, Air Liquid, Dexcom, Medtronic and Sanofi, have had no influence over the meeting agenda or arrangements, with the exception of the Sanofi funded symposium, which has been fully organised and funded by the relevant company. All scientific content and discussions have been independently developed by the National Children and Young People's Diabetes Network to ensure transparency and integrity.

About the Meeting

Type 1 diabetes (T1D) has long been diagnosed only at the point of clinical onset, often after months or years. However, advances in screening, staging, and now disease-modifying therapies mean that we can identify children and young people at risk, before they need insulin.

This creates both opportunities and challenges: how do we monitor progression, communicate risk, support families, and prepare the health system for preventative therapies?

This conference will focus on the Early-diagnosis “window” of Type 1 diabetes, a pivotal stage where risk can be identified, families can be supported, and intervention may be possible. Bringing together clinicians and researchers we aim to build a shared understanding of how best to shape care and policy for this new era.

Who is this aimed at:

- Paediatric and adult diabetes clinicians
- Nurses
- Dietitians
- Clinical Psychologists and allied health professionals working with young people and adults
- Commissioners and policymakers
- Researchers in diabetes prevention and immunotherapy

Why These Topics Matter

Early Detection & Risk Stratification

Screening for autoantibodies and genetic risk factors opens the possibility of predicting T1D before clinical symptoms. Understanding how to interpret and act on these results is essential for safe and effective implementation.

Psychological Support for Families

Living with “risk” can be as emotionally demanding as living with the condition itself. Families need practical strategies, psychological support, and clear communication to navigate uncertainty and prevent distress.

Transition to Adult Care

Adolescents and young adults are particularly vulnerable to gaps in care. Exploring how Early -T1D knowledge and support can bridge into adult services ensures continuity and better outcomes.

New Therapies & Pathways

With Teplizumab now licensed as the first immunotherapy to delay T1D onset, the field is rapidly evolving. This meeting will review the latest guidance, national pathways, and therapies beyond Teplizumab.

Towards Prevention

The ultimate goal is a preventative era in Type 1 diabetes. By bringing together diverse perspectives, clinical, psychological, and experiential we move closer to this shared vision.

Key Information

Conference Registration and Information Desk:

Open throughout the conference on Friday 23rd January 2026, 09:15 – 17:00. The desk will be located outside the Fry Suite on the ground floor of Edgbaston Park Hotel.

Exhibition:

Our sponsors will have an exhibition stand each in the Fry Suite or Fry Lounge. They have chosen to sponsor this event because they believe their products and services may interest you. We encourage you to visit each exhibition stand during the breaks.

Sponsors

We are grateful for the generous support that helps make this meeting possible.

Main Sponsor

A special thank you to our **Main Sponsor, Sanofi**, for their commitment to advancing research and care in Type 1 Diabetes.

Additional Sponsors

We would also like to thank our additional sponsors, **Abbott, Air Liquide, Dexcom, and Medtronic** for their valued support of this meeting.

Exhibitors & Additional Support

The sponsoring company has paid for stand space to Leeds Teaching Hospitals NHS Trust (host to the Children and Young People's Yorkshire and Humber Diabetes Network). Their contributions will support venue and catering costs for the meeting.

Important Note on Independence

The sponsoring companies have had **no influence over the meeting agenda or arrangements**. All scientific content and discussions have been independently developed by the National Children and Young People's Diabetes Network to ensure transparency and integrity. With the exception of the Sanofi funded symposium, which has been fully organised and funded by the relevant company, the sponsoring companies have had no influence over the meeting agenda or arrangements.

Conference Programme

Time	Session
9:15 – 10:00	Registration and Refreshments
10:00 – 10:15	<p>Welcome and Opening Remarks</p> <p>Dr Fiona Campbell, Consultant Paediatrician, Leeds Teaching Hospitals Renuka Dias, Honorary Associate Clinical Professor (University of Birmingham), Consultant in Paediatric Endocrinology and Diabetes (Birmingham Women and Children's NHS Trust)</p>
10:15 – 10:35	<p>Scene Setting: Staging Pre-T1D; Understanding Risk and Progression</p> <p>Renuka Dias, Honorary Associate Clinical Professor (University of Birmingham), Consultant in Paediatric Endocrinology and Diabetes</p>
10:35 – 11:25	<p>Update: Pathways, NICE, etc</p> <p>Dr Tabitha Randell – BSPED pathway update (10 mins) Dr Fulya Mehta – NICE / NHSE update (10 mins)</p> <p>Teplizumab and Beyond</p> <p>Dr Neil Wright – Teplizumab and consensus (10 mins) Professor Colin Dayan – Beyond Teplizumab (10 mins)</p> <p>Q&A (10 mins)</p>
11:25 – 11:50	Refreshments and Networking
11:50 – 12:10	<p>TYA: Bridging the Gap</p> <p>Professor Parth Narendran, Professor of Diabetes Medicine, University of Birmingham</p>
12:10 – 12:30	<p>Psychology of Holding Risk</p> <p>Dr Paige Chana, Consultant Clinical Psychologist, Birmingham Children's Hospital</p>
12:30 – 12:45	<p>A patient or parent perspective: Living in the Pre-T1D window</p> <p>The Royal London Children's Hospital</p>
12:45 – 13:35	Lunch and Networking
13:35 – 13:40	<p>Explanation of Workshops</p> <p>Dr Fiona Campbell, Consultant Paediatrician, Leeds Teaching Hospitals Renuka Dias - Honorary Associate Clinical Professor, University of Birmingham, Consultant in Paediatric Endocrinology and Diabetes, Birmingham Women and Children's NHS Trust</p>

<p>13:40 – 13:55</p>	<p>Collaboration and Connection for the Early Detection of Autoimmune Type 1 Diabetes</p> <p>Helen Lister, Head of Medical aT1d, Sanofi Laura Wetherly, Corporate Affairs Lead, Sanofi</p> <p>This session is a non-promotional symposium organised and delivered by Sanofi</p>
<p>13:55 – 14:45 Parallel Workshop Sessions - Rotation 1</p>	
<p>Workshop A: Detection & Risk Stratification - The Lloyd Suite</p> <ul style="list-style-type: none"> - Implementing Autoantibody Screening in Practice - Interpreting Results: Genetic Risk, Autoantibodies, and Staging <p>Professor Parth Narendran, Professor of Diabetes Medicine, University of Birmingham Professor Kathleen Gillespie, Professor of Molecular Medicine, Diabetes and Metabolism, Translational Health Sciences, Bristol Medical School</p>	
<p>Workshop B: Clinical Case Studies in Pre-T1D - The Writers Suite</p> <ul style="list-style-type: none"> - Interpreting test results (autoantibodies, OGTT, HbA1c) - Managing the “watch and wait” period - Creating individualised monitoring plans <p>Dr Ruben Willemsen, Consultant Paediatric Endocrinology and Diabetes The Royal London Children’s Hospital</p> <p>Renuka Dias, Honorary Associate Clinical Professor (University of Birmingham), Consultant in Paediatric Endocrinology and Diabetes (Birmingham Women and Children’s NHS Trust)</p>	
<p>Workshop C: Supporting Families Psychologically - The Composers Suite</p> <ul style="list-style-type: none"> - Navigating uncertainty with children and parents - How to Talk about Risk: Communicating with Families - Preventing anxiety & diabetes distress - Introducing supportive resources & counselling <p>Dr Paige Chana, Consultant Clinical Psychologist, Birmingham Children’s Hospital</p>	
<p>Workshop D: Starting Insulin - The Pevsner Suite</p> <ul style="list-style-type: none"> - When and how to initiate therapy <p>Dr Neil Wright, Consultant Paediatrician, Sheffield Children’s Hospital</p>	
<p>14:55 - 15:45 Parallel Workshop Sessions - Rotation 2</p>	
<p>Workshop A: Detection & Risk Stratification - The Lloyd Suite</p> <ul style="list-style-type: none"> - Implementing Autoantibody Screening in Practice - Interpreting Results: Genetic Risk, Autoantibodies, and Staging <p>Professor Parth Narendran, Professor of Diabetes Medicine, University of Birmingham Professor Kathleen Gillespie, Professor of Molecular Medicine, Diabetes and Metabolism, Translational Health Sciences, Bristol Medical School</p>	

Workshop B: Clinical Case Studies in Pre-T1D - The Writers Suite

- Interpreting test results (autoantibodies, OGTT, HbA1c)
- Managing the “watch and wait” period
- Creating individualised monitoring plans

Dr Ruben Willemsen, Consultant Paediatric Endocrinology and Diabetes
The Royal London Children’s Hospital

Renuka Dias, Honorary Associate Clinical Professor (University of Birmingham), Consultant in Paediatric Endocrinology and Diabetes (Birmingham Women and Children’s NHS Trust)

Workshop C: Supporting Families Psychologically - The Composers Suite

- Navigating uncertainty with children and parents
- How to Talk about Risk: Communicating with Families
- Preventing anxiety & diabetes distress
- Introducing supportive resources & counselling

Dr Paige Chana, Consultant Clinical Psychologist, Birmingham Children’s Hospital

Workshop D: Starting Insulin - The Pevsner Suite

- When and how to initiate therapy

Dr Neil Wright, Consultant Paediatrician, Sheffield Children’s Hospital

15:55 – 16:25

Educational Resources for HCPs and Families

Maddie Julian – Digibete, Family Resources

Dr Tabitha Randell – HCPs, Consultant in Paediatric Endocrinology and Diabetes, Nottingham University Hospitals

16:25 – 16:55

Closing Session: The Road Ahead

Panel discussion facilitated by Dr Fiona Campbell and Renuka Dias

16:55

Summary and Closing Remarks

Dr Fiona Campbell, Consultant Paediatrician, Leeds Teaching Hospitals

Renuka Dias, Honorary Associate Clinical Professor (University of Birmingham), Consultant in Paediatric Endocrinology and Diabetes (Birmingham Women and Children’s NHS Trust)

Invited Speakers

Dr Fiona Campbell



Dr Fiona Campbell, Consultant Paediatric Diabetologist Leeds Children's Hospital Leeds, UK Dr Campbell has been a Consultant in Paediatric Diabetes for almost 30 years. Clinically she leads a large diabetes service at Leeds Children's Hospital, Leeds. England, UK caring for over 580 patients aged 0-20 years. The Leeds diabetes team has a national and international reputation for research and innovative practice especially in the use of diabetes related technologies and integrating their use into routine clinical care. More recently the team have been turning their attention towards the management of Early-Stage Type 1 Diabetes. Dr Campbell is a member of the BSPED Early Stage T1D Steering Group. She also attends the Early stage T1D Special Interest Group. These groups have been set up to look at how best to screen and monitor the early stages of T1D as well as how best to administer immunotherapies to modulate the progression of the disease She is current Chair of the National Children and Young Peoples (CYP) Diabetes Clinical Network in England, UK. She has held this role for the last 15 years and believes that this has given her a unique perspective of the national picture in the provision of services and standards of care offered to CYP with diabetes nationally. At the RCPCH, she has been a member of the National Paediatric Diabetes Audit Project Board for the last 14 years as well as Chair of the NPDA Dataset and Methodology Group. She was the clinical advisor at the RCPCH, Policy and Standards Division and during this time led the development of the National CYP Diabetes Quality Programme that ran between 2018-2023. This consisted of Peer Review of services and Quality Improvement Training for all members of 173 diabetes teams across England and Wales Internationally, Dr Campbell is a member of the International Society for Paediatric and Adolescent Diabetes (ISPAD), and her Leeds based clinical service is a member of SWEET- a special group of certified, world-wide Centres of Reference. Dr Campbell has completed a second 3-year term of office on the Council of Healthcare Professionals at Diabetes UK to ensure that the interests of children and young people living with diabetes are addressed. She is currently Co-Chair of the Diabetes UK Healthcare Professionals Advisory Group Dr Fiona Campbell Nov 2025

Dr Paige Chana

I have worked in Paediatric Psychology for 15 years providing support to children, young people, families and their health teams about emotional adjustment to chronic health conditions, and coping with acute care (admissions, diagnosis, distressing procedures and relapses) along the way. I have a passion for embedding psychologically informed care into Paediatric care so every patient receives emotionally sensitive care that engages them with their biopsychosocial health and their medical team who empower them to live a life they value. I have supported diabetes teams through training in solution focused approaches, psycho-socially informed consultations which validates the patient's emotional distress and steers meaningful conversations. I currently lead a trust wide staff support service which applies the scientific knowledge offered by psychological models about managing distress in Paediatrics to staff delivering the care. Witnessing pain, distress and loss in patients ultimately affects us as professionals, I aim to enable professionals to let down their professional armoury and connect with this to promote self-care which enables the flow of compassionate care towards patients.

Professor Colin Dayan



Colin Dayan trained in medicine at University College, Oxford, and Guy's and Charing Cross Hospitals in London, UK before obtaining a PhD in the immunology of Graves' Disease in the Laboratory of Marc Feldmann. He then spent a year as an endocrine fellow at the Massachusetts General Hospital in Boston, USA before completing his specialist training in diabetes and endocrinology as a Lecturer in Bristol. In 2010, he was appointed to the Chair of Clinical Diabetes and Metabolism and Head of Section at Cardiff University School of Medicine and in 2020 as part-time Senior Clinical Researcher in the Nuffield Department of Medicine at the University of Oxford. He was appointed as an anniversary Chair at the University of Birmingham in 2026.

Prof Dayan has a long-established interest in translational research in the immunopathology of type 1 diabetes promoting progress to "insulin free T1D". He has published first-in-man clinical studies on the development of peptide immunotherapy and the use of nanoparticles in T1D as well as pioneering the use of lymph node and injection site sampling to monitor the response to therapy. Since 2015 he has been a leading member of the UKT1D-Research Consortium which has hosted more than 15 clinical trials in early T1D over 30 sites. He is currently leading on novel trial designs including the T1D Plus platform trial in Europe and Australia to rapidly test combinations of therapies. In collaboration with the Critical Path Institute, he led the TOMI consortium of 21 clinical trials to define the relationship between C-peptide preservation and clinical endpoints and build an FDA/EMA approved clinical trial simulation tool. He is now seeking to define novel endpoints in preclinical T1D as part of the EDENT1FI European programme. Prof Dayan is a committed advocate to finding ways to bring beta cell preservation and delaying the need for insulin therapy into routine clinical practice. In this regard he supported the application for regulatory approval of Tzield to the FDA in 2021 and is working with colleagues to introduce immunotherapy and population screening into the UK.

Dr Renuka Dias



Dr Renuka Dias BMedSci MBBS FRCPCH PhD Birmingham Renuka Dias is a Consultant Paediatric Endocrinologist working at Birmingham Women and Children's Hospital and is an Honorary Associate Clinical Professor at the University of Birmingham. She is the Clinical Lead for the National Highly Specialised Service for Wolfram Syndrome (Children) in Birmingham. Research: Type 1 Diabetes: Screening and management for early Type 1 Diabetes and health inequalities in Type 1 Diabetes. She is the lead Paediatrician for the ELSA study (www.elsadiabetes.nhs.uk/) and a part of the EDENT1FI consortium (www.edent1fi.eu) Rare Diseases: She is part of the Life Arc Funded Acceleration of Rare Disease Trials consortium (WP1: Facilitating Recruitment and WP4: Accelerating Trial Delivery). www.birmingham.ac.uk/staff/profiles/applied-health/dias-renuka

Professor Kathleen Gillespie



Kathleen leads the type 1 diabetes research group at the University of Bristol. The team have a long history in studies of the natural history of type 1 diabetes and in developing high performance tests for islet autoantibodies. Currently the team are recruiting to the Type 1 Diabetes Risk in Adults (T1DRA) study.

Maddie Julian



Maddie Julian is the Co-Founder and Chief Executive Officer of DigiBete, an award-winning, NHS-funded digital self-management platform and app that supports children, young people, and families living with Type 1 diabetes. She co-founded DigiBete after her own young child was diagnosed with Type 1 diabetes, driving her to make high-quality, age-appropriate diabetes education and support widely accessible online. A teacher by profession, Maddie brings over 15 years of experience in commercial arts, education and community-focused work, and has a strong commitment to peer-supported learning in long-term condition care. Under her leadership, DigiBete has grown into a nationally recognised, clinically approved resource used by NHS clinics across the UK.

Dr Fulya Mehta



Fulya is a Paediatrician working in Diabetes and General Paediatrics at Alder Hey Children's Hospital in Liverpool. She is the National Speciality Advisor for Children and Young Adults (CYA) in the NHS England diabetes programme and prior to this was the clinical lead for the CYA workstream. Fulya has provided clinical leadership across key programme areas including tackling health inequalities with a focus on improving access to treatment technology, transition and young adult care and improving care and outcomes for young people living with type 2 diabetes. She has led on developing and delivering the CYA Diabetes 'Getting It Right First Time' programme and the CYA Diabetes Rightcare Toolkit, to support systems to improve diabetes care locally and reduce unwarranted variation.

Professor Parth Narendran



Parth's research interest focusses on understanding the autoimmune destruction of insulin secreting beta cells that lead to type 1 diabetes and exploring how this process can be modulated. He is part of a national effort to explore the feasibility and acceptability of early surveillance programmes for pre-type 1 diabetes and is also exploring which therapies are best tested in the prevention arena. He has developed an international reputation for exploring whether exercise can be used to modulate the autoimmune process in type 1 diabetes. He is the Chair of the MS Prevention Taskforce for the Multiple Sclerosis Society to explore treatment parallels across other conditions with similarities to type 1 diabetes. Parth leads the Diabetes Research Unit and the Type 1 Diabetes clinical service at the Queen Elizabeth Hospital. He is the author of over 100 peer-reviewed publications including publications that have been cited by international bodies on Type 1 diabetes and its management. He has served on the Diabetes UK Research Committee and was previously on the Research Advisory Board of the Diabetes Research and Wellness Foundation and Regional Advisory Committee for the NIHR RfPB programme. He was previous chair of the Academic subcommittee of The Association of British Clinical Diabetologists having led and supported the setting up of its first research grant funding scheme and national Diabetes Update training programme for doctors specialising in diabetes and endocrinology.

Dr Tabitha Randell



Dr Tabitha Randell has been a consultant in paediatric endocrinology and diabetes at Nottingham Children's Hospital for over 20 years. She was chair of the British Society for Paediatric Endocrinology and Diabetes (BSPED) from 2020-2024 and prior to that, was chair of the BSPED Clinical Committee. She was responsible for devising, negotiating and implementing the Paediatric Diabetes Best Practice Tariff, resulting in a standardisation of diabetes care for children and young people across the whole of England, along with a substantial uplift in funding for all centres meeting the BPT standards and significant improvements in paediatric diabetes outcomes. She is currently co-chair of the BSPED Pre-type 1 Diabetes Special Interest Group along with Rachel Besser and leads the HCP education pathway group within the SIG.

Dr Ruben Willemsen



Dr Ruben Willemsen is a Consultant in Paediatric Diabetes and Endocrinology and the Clinical Lead for the Paediatric Diabetes Service at the Royal London Children's Hospital, Barts Health NHS Trust. He graduated in Medicine from the University of Leiden, the Netherlands in 2002. He obtained his PhD in paediatric endocrinology in 2008 ('Small at Birth'; Cardiovascular and metabolic health of subjects born SGA and/or preterm and effects of growth hormone treatment) at the Erasmus University of Rotterdam, the Netherlands. After completing his general paediatric training in 2013 in the Sophia Children's Hospital, Rotterdam, he worked as an Academic Clinical Lecturer at Addenbrooke's Hospital and the University of Cambridge. Alongside completing his training in paediatric endocrinology and diabetes, he conducted a multi-centre study on the use of dried blood spots to measure C-peptide in children and adolescents with a recent diagnosis of type 1 diabetes. This approach to measure and track β -cell function in patients with a recent diagnosis of type 1 diabetes has been incorporated in a big European research collaborative (INNODIA; www.innodia.eu), and in various clinical trials. He has an interest in early type 1 diabetes, is a member of the BSPED SIG, and started a pre-type 1 clinic in 2025.

Dr Neil Wright



Neil Wright is a Consultant Paediatrician with a Sub-speciality interest in Endocrinology & Diabetes based at Sheffield Children's Hospital. He is the clinical lead for the NHS England funded CEW Service (Complications of excess weight) in Sheffield. He has developed experience of using immunotherapy in practice as part of clinical trials. He has contributed to the BSPED consensus on Teplizumab and inputted to the NICE review.

Campus Map - Edgbaston Park Hotel



 University
Train Station

Edgbaston
Park Hotel

 Old Joe
Clocktower


Winterbourne
House and Garden

Venue Map - Edgbaston Park Hotel



 Blue Badge holder parking

 Bus stops

 Automated External Defibrillator

 Visitors car park

 Electric Vehicle Charging Point

Garth House

Edgbaston Park Hotel

Hotel Entrance

Lloyd Suite

Hornton Grange

Peter Scott House

University Campus and Train Station

Multi-storey Car park

EDGBASTON PARK ROAD

Thank you

We hope you have had an inspirational time at the National CYP Diabetes Network conference thinking about all the exciting things happening in early-stage Type 1 Diabetes.

Thank you for your commitment and contributions to making this next amazing step happen for all our patients. Together we will make it happen.

We greatly value your feedback on today's programme, which will help us create an even more engaging agenda for our next meeting. A short feedback survey will be sent to you after the conference, and we would truly appreciate your response.

Thank you also to our sponsors (Sanofi, Abbott, Airliquide, Dexcom and Medtronic) - without their support, the work of the network could not happen.

With warm regards,
Dr Fiona Campbell and Dr Renuka Dias