



UNIVERSITY OF
BIRMINGHAM

Type 1 Diabetes

Early Detection Summit

15 - 16 June 2026

Edgbaston Park Hotel
University of Birmingham

Summit Information

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Welcome to the Type 1 Diabetes Early Detection Summit 2026

Following the success of last year's inaugural meeting, we are excited to host the second **Type 1 Diabetes Early Detection Summit** in **Birmingham**, UK, on **15-16th June 2026**.

This two-day conference is aimed at practicing healthcare professionals, doctors, and the wider multidisciplinary team across the UK. The programme will explore both the practicalities and the science underpinning the rapidly evolving field of screening, monitoring, and treatment in the early-stage type 1 diabetes (T1D).

With internationally renowned speakers, including **Korey Hood (Stanford)**, **Kirsty Bell (Sydney)**, and **Kimber Simmons (Denver)**, the summit will bring together paediatric and adult diabetes healthcare professionals alongside representatives from key UK organisations and professional societies working across the early type 1 diabetes landscape. Participants will have the opportunity to share ideas, exchange knowledge, and explore research and implementation strategies shaping the emerging field of early T1D.

Sponsors, Exhibitors and Endorsers

Platinum Sponsor



Silver Sponsors



Endorsers



Key Information

Event Address

Edgbaston Park Hotel

53 Edgbaston Park Rd

Birmingham

B15 2RS

Parking Information

Car parking is free when attending the Edgbaston Park Hotel. The car park is located outside the entrance of the hotel. Please ensure you provide your car number plate on entry in the hotel reception.

Conference Registration Opening Times

Conference Registration Desk	Open Times	Location
Monday 15 June	08:00 – 17:30	Lloyd Suite (Hornton Grange)
Tuesday 16 June	08:30 – 16:00	Fry Lounge

On Monday, the Registration desk will be located in the Lloyd Suite (in the Hornton Grange building opposite the main hotel entrance).

On Tuesday, the Registration desk will be located in the Fry Lounge (outside the Fry Suite, the main conference room).

Refreshments & Lunch

On Monday, all refreshments and lunch will be in the Lloyd Suite (Hornton Grange building).

On Tuesday, all refreshments and lunch will be in the Fry Lounge.

Breakout Sessions

Breakout Sessions	Date	Time
Adult	Monday 15 June	16:00 – 17:30
Paediatric	Monday 15 June	16:00 – 17:30

Social Events

All social events will be taking place at the Edgbaston Park Hotel.

Social Event	Date	Time	Location
Welcome Reception	Sunday 14 June	19:00 – 20:30	Composers Suite
Conference Dinner	Monday 15 June	19:00 – 22:30	Fry Suite

Online Streaming

Some of the conference will be live streamed.

Online Streaming via Zoom	Start & Finish Times
Monday 9 June	09:00 – 15:30
Tuesday 10 June	09:00 – 16:15

If you have colleagues who may be interested in attending some or part of the conference online (no fee), please direct them to the [Registration tab](#) on the website for access to the Zoom links.

Things To Do Nearby

If you are in the area a few extra days or would like to find a quiet space or some fresh air on campus, there are lots of options available. Many of these have been shared on the conference website – [on campus](#) / [off campus](#). Please note that if you are staying at the Edgbaston Park Hotel you also have access to the University's Sports Centre and Swimming Pool. For more information on this, please ask at the hotel reception.

Conference Programme

Pre-Summit – Sunday 14 June

Time	Session/Presenter/Topic
19:00 – 20:30	Welcome Reception – Composers Suite

Day 1 – Monday 15 June

Time	Session/Presenter/Topic
08:00 – 09:00	Registration Open & Refreshments – Lloyd Suite
09:00 – 09:05	Welcome
09:05 – 11:05	The Morning Session: Screening – Fry Suite Chairs: Theodora Papanikolaou & Elizabeth Robinson, DUK ELSA – Lauren Quinn, Birmingham (09:05 – 09:35) T1DRA – Georgina Mortimer, Bristol (09:35 - 10:05) <i>*Not Available Virtually</i> The Welsh Experience – Julia Platts, Wales (10:05 – 10:35) The Australian Experience – Kirsty Bell, Sydney (10:35 – 11:05) <i>*Virtual Presenter</i>
11:05 – 11:30	REFRESHMENT BREAK – Lloyd Suite

Time	Session/Presenter/Topic
11:30 – 13:00	NHSE Session: The rollout begins... – Fry Suite Chairs: Fulya Mehta & Parth Narendran Plans for UK Rollout – Marc Atkin, Bath (11:30 - 11:50) Ab Testing - Kathleen Gillespie, Bristol (11:50 - 12:10) Communication and Engagement - Hilary Nathan, Breakthrough T1D & Lucy Chambers, Diabetes UK (12:10 - 12:30) Panel Discussion with all speakers (12:30 - 13:00)
13:00 – 14:00	LUNCH – Lloyd Suite
14:00 – 15:30	The Afternoon Session: Clinical Monitoring of those identified at risk – Fry Suite Chairs: Renuka Dias & Kimber Simmons Managing the psychological impact of an early T1D diagnosis - Korey Hood, Stanford (14:00 - 14:30) BSPED Monitoring guidelines and clinical champions - Rachel Besser, Oxford (14:30 - 15:00) <i>*Not Available Virtually</i> Diagnosing and monitoring early T1D in adults - Nick Thomas, Exeter and Erin Templeman, Exeter (15:00 - 15:30)
15:30 – 16:00	REFRESHMENT BREAK – Lloyd Suite

Time	Session/Presenter/Topic
16:00 – 16:45	Parallel Workshops (Attendees split into two groups according to specialism. Workshops not streamed or recorded.) Adults - Setting up a FDR screening Programme in secondary care - Mo Elnaggar, Morecombe Bay Paeds - Follow of early T1D - case histories - Renuka Dias, Birmingham and Ruben Willemsen, London
16:45 - 17:30	Parallel Workshops (Attendees split into two groups according to specialism. Workshops not streamed or recorded.) Paeds - Setting up a FDR screening Programme in secondary care - Mo Elnaggar, Morecombe Bay Adults - Follow of early T1D - case histories - Nick Thomas, Exeter and Katharine Owen, Oxford
17:30	CLOSE
19:00 – 22:30	Conference Dinner – Fry Suite Host: Colin Dayan After dinner speaker: Lucienne Chatenoud, Paris <i>*Not Available Virtually</i>

Day 2 – Tuesday 16 June

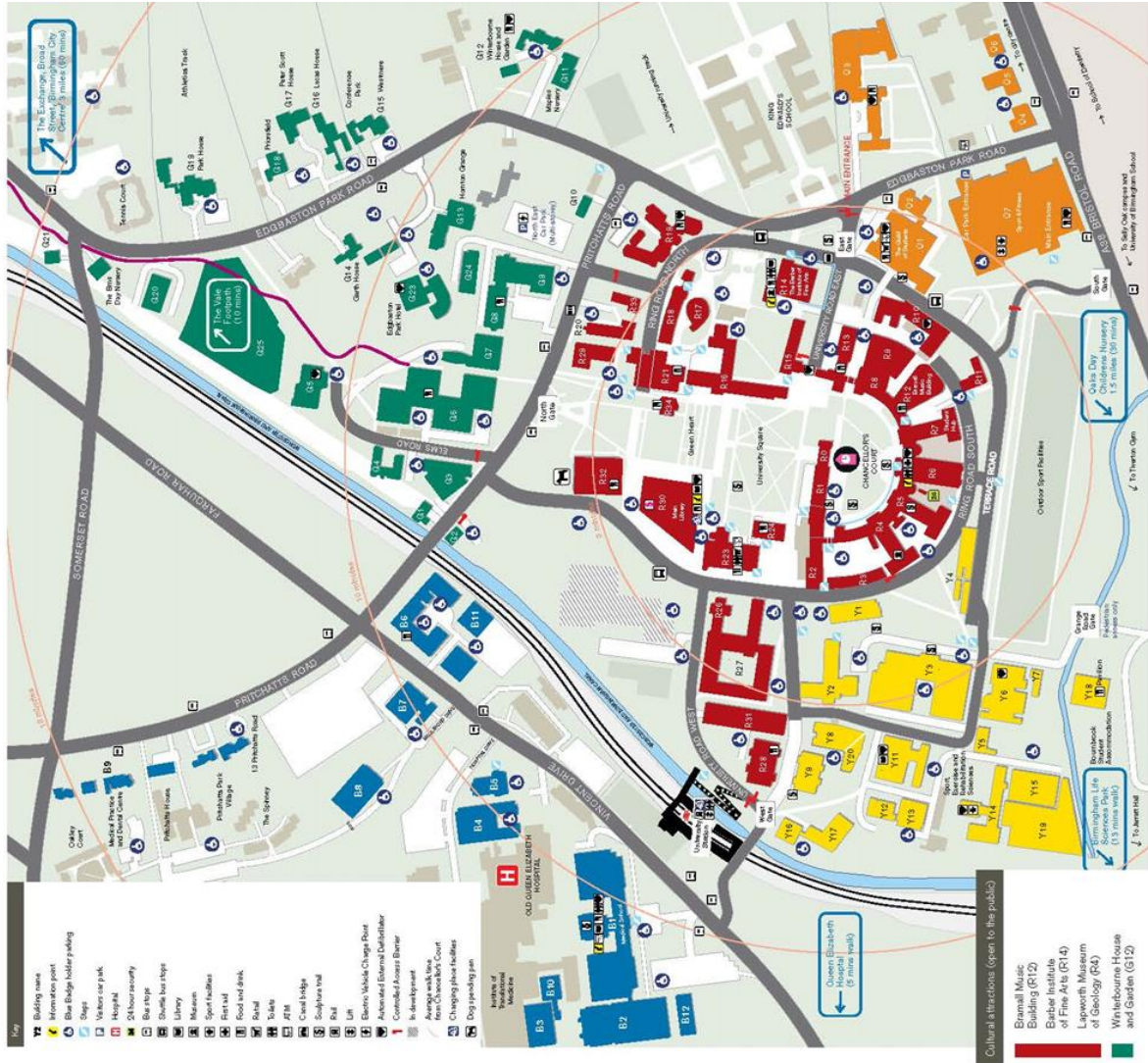
Time	Session/Presenter/Topic
08:30 – 09:00	Registration and Refreshments - Fry Lounge
09:00 – 11:00	Changing the T1D experience - Fry Suite Chairs: Korey Hood & Olga Boiko The UK BSPED/ABCD guidelines – Renuka Dias, Birmingham & Neil Wright, Sheffield (09:00 - 09:30) The US Experience - Kimber Simmons, Denver (09:30 - 10:00) UK experiences - patient and family perspective - Dora Papanikolaou, Birmingham & Parth Narendran, Birmingham (10:00 - 11:00)
11:00 – 11:30	REFRESHMENT BREAK – Fry Lounge
11:30 – 13:00	The Future - Fry Suite Chairs: Colin Dayan & Lauren Quinn Replacing beta cells without immunosuppression – Per-Ola Carlsson, Uppsala (11:30 – 11:55) <i>*Not Available Virtually</i> Novel approaches to protecting beta cells - Anath Shalev, Alabama (11:55 – 12:20) <i>*Virtual Presenter</i> Regrowing beta cells - James Cantley, Dundee (12:20 – 12:45) <i>*Not Available Virtually</i> Panel Discussion with all speakers (12:45 – 13:00)

13:00 – 14:00	LUNCH – Fry Lounge
14:00 – 16:00	How can we move more quickly: updates and challenges... - Fry Suite Chairs: Partha Kar PCDS – Naresh Kanumilli (14:00 - 14:15) *Virtual Presenter BSPED – James Yong, Leeds (14:15 - 14:30) The Children’s Network – Renuka Dias, Birmingham (14:30 - 14:45) ABCD – Parth Narendran, Birmingham (14:45 - 15:00) An international view - Esther Latres, Breakthrough T1D, New York (15:00 - 15:15) All Party Parliamentary Group - Tom Gordon MP (15:15 - 15:30) Panel Discussion (15:30 - 16:00)
16:00	SUMMIT CLOSE
16:15	Departure – Refreshments available – Fry Lounge

Disclaimer: Sanofi have had no involvement in the agenda/speaker selection or the organisation of the meeting and are involved as an exhibitor only.

Campus Map

Digital Map



Edgbaston Campus Map

Red Zone

- R0 The Harding Building
- R1 Law Building
- R2 Frankland Building
- R3 Hills Building
- R4 Aston Webb – Lapworth Museum
- R5 Aston Webb – B Block
- R6 Aston Webb – Great Hall
- R7 Aston Webb – Student Hub
- R8 Physics West
- R9 Nuffield
- R10 Physics East
- R11 Medical Physics
- R12 Bransell Music Building
- R13 Poynting Building
- R14 Barber Institute of Fine Arts
- R15 Watson Building
- R16 Arts Building
- R17 Ashley Building
- R18 Strathcona Building
- R19 Education Building
- R20 J G Smith Building
- R21 Muirhead Tower
- R22 University Centre
- R23 Staff House
- R24 Geography
- R25 Murray Learning Centre
- R26 The Alan Walters Building
- R27 Biosciences Building
- R28 Main Library
- R29 Collaborative Teaching Laboratory
- R30 Teaching and Learning Building
- R31 Fry Building
- R32 Cure

Orange Zone

- O1 The Guild of Students
- O2 St Francis Hall
- O3 University House
- O4 Ash House
- O5 Beech House
- O6 Cedar House
- O7 Sport & Fitness

Green Zone

- G1 32 Pritchatts Road
- G2 31 Pritchatts Road
- G3 European Research Institute
- G4 3 Elms Road
- G5 Computer Centre
- G6 Metallurgy and Materials
- G7 IRC Nat Shape Laboratory
- G8 Gisbert Kapp Building
- G9 52 Pritchatts Road
- G10 54 Pritchatts Road – Institute for Global Innovation
- G11 Maples Nursery
- G12 Winterbourne House and Garden
- G13 Horton Grange
- G14 Garth House
- G15 Westmore
- G16 Lucas House
- G17 Prioryfield
- G18 Park House
- G19 Park House
- G20 Wolfson Advanced Glasshouses
- G21 Elms Day Nursery
- G22 Edgbaston Park Hotel and Conference Centre
- G23 Centre for Human Brain Health
- G24 Ecolab

Blue Zone

- B1 Medical School
- B2 Institute of Biomedical Research including IBR West
- B3 Wellcome Clinical Research Facility
- B4 Robert Aitken Institute for Clinical Research
- B5 CRUK Institute for Cancer Studies and Denis Howell Building
- B6 Research Park
- B7 90 Vincent Drive
- B8 Henry Wellcome Building for Biomolecular NMR Spectroscopy
- B9 Medical Practice and Dental Centre
- B10 Advanced Therapies Facility
- B11 BioHub Birmingham
- B12 Health Sciences Research Centre (HSRC)

Yellow Zone

- Y1 The Old Gym
- Y2 Haworth Building
- Y3 Engineering Building
- Y4 Terrace Huts
- Y5 Estates West
- Y6 Maintenance Building
- Y7 Grounds and Gardens
- Y8 The School of Engineering
- Y9 Computer Science
- Y10 Chemical Engineering
- Y11 Biochemical Engineering
- Y12 Chemical Engineering Workshop
- Y13 Sport, Exercise and Rehabilitation Sciences
- Y14 Civil Engineering Laboratories
- Y15 Institute of Occupational and Environmental Medicine
- Y16 Public Health
- Y17 Bournebrook Student Accommodation
- Y18 NBIF
- Y19 UKRRN
- Y20 UKRRN

Organising Committee

Parth Narendran

Professor of Diabetes Medicine

University of Birmingham, and The Queen Elizabeth Hospital Birmingham

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.

Parth reviews for all the major national and international diabetes journals. He contributes to the NIHR Horizon Scanning, and NICE Medical Technology reviews for new therapies.



Colin Dayan

Professor of Clinical Diabetes and Metabolism

Cardiff University School of Medicine. Senior Clinical Researcher, University of Oxford



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. From 2021-2025 he was Director of the Joint Research Office for Cardiff University and Cardiff and Vale Health Board and he has also served as Secretary and Treasurer of the Association of Physicians of Great Britain and Ireland. In 2026 he was appointed as a 125 Anniversary Chair at the University of Birmingham, UK.

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 across 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.

Renuka Dias

Renuka Dias BMedSci MBBS FRCPCH PhD

Consultant Paediatric Endocrinologist, Birmingham Women and Children's Hospital

Dr 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. Renuka is the Chief Investigator for the IMPACT-T1D and NHS-FIT studies. She is the lead Paediatrician for the ELSA study (<https://www.elsadiabetes.nhs.uk/>) and a part of the EDENT1FI consortium (<https://www.edent1fi.eu>). She is funded by the NIHR.

Rare Diseases:

Renuka is part of the Life Arc Funded Acceleration of Rare Disease Trials consortium (WP1: Facilitating Recruitment and WP4: Accelerating Trial Delivery).



Theodora Papanikolaou

Clinical Research Fellow, University of Birmingham

Theodora Papanikolaou graduated from the School of Medicine, Aristotle University of Thessaloniki, in Greece in 2011. She completed Specialty Training in General Paediatrics in the UK in February 2023 and has since worked as a Senior Clinical Fellow in the Paediatric Endocrinology and Diabetes department at Birmingham Children's hospital.

She currently works as a Clinical Research Fellow at the Institute of Immunology and Immunotherapy, based at the University of Birmingham, and is pursuing a MRes (Master of Research) degree.

She is passionate about teaching and quality improvement in healthcare. She is a full instructor for the Advanced Paediatric Life Support (APLS) and Newborn Life Support (NLS) courses.



Lauren Quinn

Clinical Research Fellow, University of Birmingham

Dr Lauren Quinn is a diabetes and endocrinology resident doctor in the West Midlands and a clinical research fellow at the University of Birmingham. She is a PhD candidate and her thesis is testing and developing a general population, paediatric type 1 diabetes screening programme in the UK to explore the feasibility and acceptability of screening.



Keynote Speakers

Marc Atkin



Marc Atkin has been a Consultant in Diabetes, Endocrinology and Internal Medicine in Bath, UK since 2012 and Clinical Lead from 2017-24. He led the establishment of the Bath Integrated Diabetes Service in 2013 which is the longest running in the SW of England. Marc was appointed as the National Specialty Advisor for Diabetes for NHSE England in July 2024. He has been Diabetes Lead of NHS England's Southwest Cardiovascular Clinical Network since 2016. In this time, he has overseen successful implementation of diabetes technology across the region, support of primary care diabetes services including GP diabetes champions and implementation of diabetic foot peer reviews across the SW and beyond.

Marc has also served on various committees across different elements of the NHS system; Association of British Clinical Diabetologists (ABCD) 2016-2019, NHS England's Diabetes Expert Reference Group (2017-2018), Diabetes UK's Diabetes Technology Reference Group (2018-2019), Diabetes UK's Inpatient Care Programme (2018-2020). He has also been one of the leads on the Quality in Care Diabetes Judging Panel since 2016.

Marc is also diabetic foot lead for the Royal United Hospital, Bath and has taken part in a SW Peer Review team that has successfully reduced amputation rates across the Southwest. He has been part of Diabetes UK's National Clinical System Leaders Programme and has served on DUK's Health Professional Advisory Council since 2023. Marc's interests include service development & system leadership, data- driven population health and integration of technology into clinical pathways. He is working on developing clinical pathways that maximise the opportunities offered by diabetes technology. He has also been the Associate Medical Director for Integration for Bath, Swindon & Wiltshire ICS/Acute Hospitals Alliance since 2022. Here he indulges his interests in population health, clinical strategy and operational research.

Kirstine Bell



Dr Kirstine Bell is a dietitian, diabetes educator and NHMRC Emerging Research Leadership Fellow at the University of Sydney, Australia, where she leads her independent research group and co-leads the Charles Perkins Centre's Type 1 Diabetes Research Node. Dr Bell's work spans both clinical and public health research. She received her PhD in mealtime insulin dosing in type 1 diabetes, completed postdoctoral studies at Harvard Medical School & Joslin Diabetes Center and her work has been translated into clinical guidelines worldwide. She currently leads the Australian Type 1 Diabetes National Screening Pilot, a multidisciplinary research group exploring a routine, government-funded population screening program for all Australian children.

Rachel Besser



Rachel is a Consultant paediatric endocrinologist at Oxford Children's Hospital and Honorary senior clinical lecturer at the Centre for Human Genetics, Nuffield Department of Medicine, University of Oxford, leading the T1Early research programme.

In the UK, Rachel leads the UK Islet Autoantibody registry (www.ukiab.org) for children and adults with one or more islet autoantibodies who do not yet need insulin. The T1Early Programme, focusses on gathering the evidence for screening and early detection in type 1 diabetes (T1D), undertaking work on feasibility, acceptability, cost-effectiveness, and clinical implementation. In Europe, she co-leads the follow up programme in EDENT1FI (www.edent1fi.eu/), a European-wide screening initiative.

Rachel holds a number of senior leadership positions including as Diabetes officer for the British Society for Paediatric Endocrinology and Diabetes (BSPED), Chair of the BSPED Pre-T1D Special Interest group, co-lead of the NHSE Task & Finish group on T1D screening, co-lead of the Oxford NIHR Biomedical Research Centre Metabolic Experimental Medicine theme, and sits on the Management board of the UK Type 1 diabetes Research Consortium. Rachel has led on a number of Pre-T1D consensus guidelines for ISPAD, BSPED and Breakthrough Type 1. She is funded by Diabetes UK, the National Institute of Health Research, and UKRI Horizon Europe. X @BesserBesser @T1Early

Olga Boiko



Olga is a Research Fellow at the University of Birmingham and an academic medical sociologist with the expertise in qualitative research methodologies as well as theories of health and illness. She has been involved in a wide range of studies set at primary, secondary healthcare interface including doctor-patient interactions and implementation science. Olga is currently coordinating a Work package within the European research program which aimed at eliciting the impacts and acceptability of the population screening for Type 1 Diabetes.

James Cantley



James Cantley is Professor of Diabetes and Metabolism and T1D Grand Challenge Senior Research Fellow at the University of Dundee, Faculty of Health. His current T1D Grand Challenge project is focussed on pre-clinical development of therapeutic strategies to drive beta cell regeneration during diabetes. James has maintained a career-long research focus investigating pancreatic islet function and insulin secretion in the context of both type 1 and type 2 diabetes. He trained at Imperial College and University College London, undertook postdoctoral studies at the Garvan Institute, Sydney, and established his independent research group at the University of Oxford in 2013, supported by a DiabetesUK RD Lawrence Fellowship. He moved to the University of Dundee in 2019 where he leads the islet biology research group, working at the interface of cell biology, biochemistry and whole-body metabolic physiology. Alongside research, James is an enthusiastic advocate for the role of innovation and enterprise in making a real-world impact from academic research.

Per-Ola Carlsson



Per-Ola Carlsson is a professor of Medical Cell Biology at Uppsala University, Sweden. He also serves as a senior consultant in endocrinology and diabetology at Uppsala University Hospital and as director of Uppsala Diabetes Centre.

His research focus over the years has been on islet physiology, islet vascular biology, stem cell research, beta-cell replacement and early phase clinical cell therapy trials in type 1 diabetes. He has authored more than 200 peer-reviewed publications and is the P.I. of the presented first-in-human study of hypoimmune islet cell transplantation in type 1 diabetes.

Lucienne Chatenoud



Lucienne Chatenoud is Professor of Immunology Emeritus at Université Paris-Cité in Paris. Her research focused on basic mechanisms of autoimmunity and immune self-tolerance and on the development of immunotherapy strategies to restore immune tolerance in autoimmunity, in particular in autoimmune insulin-dependent diabetes (T1D). In the early 90s, the seminal experiments of Lucienne Chatenoud in the Non-Obese Diabetic (NOD) mouse were key in the clinical development of CD3 monoclonal antibodies in Type 1 autoimmune Diabetes.

Prof 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. From 2021-2025 he was Director of the Joint Research Office for Cardiff University and Cardiff and Vale Health Board and he has also served as Secretary and Treasurer of the Association of Physicians of Great Britain and Ireland. In 2026 he was appointed as a 125 Anniversary Chair at the University of Birmingham, UK.

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Renuka Dias



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 Lead for the National Highly Specialised Service for Wolfram Syndrome (Children) in Birmingham. Her research interests include early Type 1 Diabetes including screening ([ELSA](#), [EDENT1FI](#)) and delivering disease-modifying treatment in the NHS (NHS FIT) as well as reducing health outcome inequalities in Type 1 Diabetes (IMPACT1D).

Mohamed Elnaggar



Dr Mohamed Elnaggar is a Consultant Endocrinologist, Lipidologist and Clinical Lead for Lipid services at University Hospitals of Morecambe Bay NHS Foundation Trust. He is also currently the Clinical Lipid lead of South Cumbria and Lancashire. Dr Elnaggar has been involved in Diabetes and Lipidology teaching and research as a lecturer at the Alexandria Faculty of Medicine. He has developed a large experience dealing with patients suffering from dyslipidemia, diabetes and obesity over the years since he completed his training program in his native Egypt. As a result of his multiple disease area interests, he has always thought it best not to treat each of these conditions separately but to think of the patient and their CVRM risk as a whole.

He is also involved recently with a pilot study aiming to explore the feasibility of screening for early stage T1DM in first degree relatives of known people with T1DM.

Dr.Elnaggar has been instrumental in setting up his local Lipid service and in initiating local guidelines and pathways for lipid management as well as implementing innovative methods in managing CVRM disease.

Dr.Elnaggar has a great passion for education and teaching and has been involved in numerous national and international conferences and speaker events. He is currently acting as an honorary lecturer in Lancaster University. He is also a Principal Investigator in several diabetes, lipid and obesity related trials and is invested in research involving newer therapies in the aforementioned conditions. He is keen on pathway reforms and finding better ways to improve cardiovascular outcomes both locally and nationally.

Kathleen Gillespie



Kathleen is Professor of Molecular Medicine at the University of Bristol where she has led the Type 1 Diabetes Research Group since 2014, when she also became Chief Investigator of the long running Bart's Oxford (BOX) family study of type 1 diabetes. She is interested in the mechanisms underlying autoimmunity and the Alistair Williams Antibody Facility in Bristol is an internationally recognised centre for measuring type 1 diabetes risk markers. Current projects include the first natural history study of risk of type 1 diabetes in general population adults (Type 1 diabetes risk in adults - T1DRA), developing new biomarker assays and understanding why children with Down syndrome are at increased risk of autoimmunity.

Tom Gordon



Tom Gordon MP was elected as the Member of Parliament for Harrogate and Knaresborough in 2024 and currently serves as Chair of the All-Party Parliamentary Group (APPG) for Diabetes.

He holds a BSc in Biochemistry and a Master's in Public Health, both from Newcastle University. Prior to entering Parliament, Tom worked in policy and advocacy for Breakthrough T1D. He has also held roles in health economics at the University of York and in scientific recruitment.

Korey Hood



Korey Hood, PhD is personally and professionally committed to improving the lives of people with diabetes. As Professor and Staff Psychologist at Stanford University School of Medicine, Dr. Hood runs a behavioral science laboratory aimed at optimizing health and quality of life outcomes. A recipient of federal and foundation grants and author of over 200 scientific articles, Dr. Hood works to put behavioral science at the forefront of person-centered diabetes care.

Dr. Hood has type 1 diabetes himself and works across advocacy and service settings to promote awareness of diabetes treatments, the psychological impact, and emerging technologies. Dr. Hood is a compassionate behavioral scientist with a keen understanding of the intersection between diabetes and behavioral health.

Naresh Kanumilli



Dr Naresh Kanumilli has been a GP in south Manchester for the past 20 years and he has a specialist interest in diabetes and cardiology. He is a visiting professor-the Institute of Medicine at the University of Greater Manchester at Bolton, as-well as a Diabetes UK Clinical Champion. He is also a consultant in Diabetes at the Manchester University foundation Trust.

Dr Kanumilli has a very keen focus on management of chronic conditions in the community and hence has been actively involved in setting up and running community-based clinics both in cardiology and diabetes. He is actively involved with the current integration agenda to provide patients with seamless care between primary and secondary sectors. He is also keen to ensure that the patients are seen at the right time, in the right place and by the right person. Currently running one of the very few CVRM clinics which provide a holistic one stop service for people living with multiple long-term conditions. He is the Clinical Network Lead for Diabetes across Greater Manchester and East Cheshire and has developed the diabetes strategy for Greater Manchester which is seen as a forerunner for best practice in diabetes care.

He is also the co-author of the document promoting Diabetes care in the PCN structure and is the primary care research lead for Diabetes at the Greater Manchester CRN. Dr Kanumilli is also the Chair of the Primary Care Diabetes Society, which is the largest organisation of Diabetes Professionals in the UK, as-well as being actively involved in education and up skilling of HCP's. He is also a director in the charity Vision Beyond Autism that looks after children and young adults with Autism.

Esther Latres



Esther Latres, Ph.D., is Senior Vice President of Research at Breakthrough T1D. In this role, Esther leads the strategic development of curative therapies for type 1 diabetes (T1D). Her work centers on enabling the translation of scientific discoveries into therapies to prevent or reverse autoimmunity, as well as developing cell therapies that deliver insulin and restore the metabolic control in T1D. Additionally, her team leads the Early Detection research efforts in screening and monitoring to identify T1D before insulin is required. Prior to joining Breakthrough T1D in 2015, Esther developed her scientific career at Regeneron Pharmaceuticals, where she led discovery and research of therapeutic candidates to treat skeletal muscle and metabolic diseases, some of which have advanced into clinical trials. She is the author on numerous publications and co-inventor on several patents. Esther received a Ph.D. in biochemistry and molecular biology at the University of Barcelona and has received postdoctoral training and held research positions at Sloan-Kettering Cancer Center, Bristol-Myers Squibb Institute and New York University Medical Center.

Dr Fulya Mehta



Fulya is a Paediatrician working in Diabetes and General Paediatrics at Alder Hey Children's Hospital in Liverpool. She is a 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

Georgina Mortimer



Georgina Mortimer is a Postdoctoral Research Associate in the Diabetes and Metabolism research group at the University of Bristol Medical School. She began her career as a Research Technician, combining islet autoantibody and genetic risk markers in a long-running family study of Type 1 Diabetes, the Bart's-Oxford (BOX) study. Her PhD focused on why children with Down syndrome are more at risk of developing autoimmunity, unravelling the natural history of autoantibodies in a birth cohort of children with Down syndrome (Feeding and Autoimmunity in children with Down syndrome evaluation study (FADES)). Currently, she is working on the Type 1 Diabetes Risk in Adults (T1DRA) study, investigating the prevalence of islet autoantibodies in the general population.

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.

Parth reviews for all the major national and international diabetes journals. He contributes to the NIHR Horizon Scanning, and NICE Medical Technology reviews for new therapies.

Hilary Nathan



Hilary Nathan is Policy, Communications and Community Engagement Director at Breakthrough T1D. She is passionate about ensuring lived experience shapes research, clinical practice and organisational priorities and is responsible for new treatment regulatory access, information and support, brand and awareness at Breakthrough T1D

Katharine Owen



Katharine Owen is an Associate Professor and Consultant Physician at the Oxford Centre for Diabetes, Endocrinology and Metabolism. Her interests are in the identification, characterisation and clinical management of rare kinds of diabetes and in clinical care of young adults with diabetes.

She is also interested in early Type 1 diabetes and is involved in clinical trials for newly diagnosed type 1 diabetes through the UK Type 1 diabetes Immunotherapy Consortium.

Theodora Papanikolaou



Theodora Papanikolaou graduated from the School of Medicine, Aristotle University of Thessaloniki, in Greece in 2011. She completed Specialty Training in General Paediatrics in the UK in February 2023 and has since worked as a Senior Clinical Fellow in the Paediatric Endocrinology and Diabetes department at Birmingham Children's hospital. She currently works as a Clinical Research Fellow at the Institute of Immunology and Immunotherapy, based at the University of Birmingham, and is pursuing a MRes (Master of Research) degree. She is passionate about teaching and quality improvement in healthcare. She is a full instructor for the Advanced Paediatric Life Support (APLS) and Newborn Life Support (NLS) courses.

Julia Platts



Dr Julia Platts is a Consultant in Diabetes and Medicine in Cardiff. She was appointed as the National Clinical Lead for Diabetes in Wales in 2014 to progress the Welsh Government Diabetes Delivery Plan in Wales and subsequently the Quality Statement for Diabetes. Her role is advising and supporting diabetes service development and innovation in Wales. She has a particular clinical interest in type 1 diabetes, technology and diabetes, young adult services and pregnancy and diabetes. A key area of interest is overcoming barriers to equality of service provision and new models of care. She is currently developing services for early type 1 diabetes in Wales.

Lauren Quinn



Dr Lauren Quinn is a diabetes and endocrinology resident doctor in the West Midlands and a clinical research fellow at the University of Birmingham. She is a PhD candidate, and her thesis is testing and developing a general population, paediatric type 1 diabetes screening programme in the UK to explore the feasibility and acceptability of screening.

Elizabeth Robinson



Dr Elizabeth Robertson is Director of Research and Clinical at Diabetes UK. Previously she was the first Director of Research for Breast Cancer Now (formed from the merger of Breakthrough Breast Cancer and Breast Cancer Campaign). Prior roles include Director at Cancer Research UK and Dean at Teesside University. Elizabeth earned her PhD from Queen Mary University of London and a Sloan Masters in Leadership and Strategy from London Business School. She is a Trustee of the Association of Medical Research Charities and Quadram Institute Bioscience, and formerly of King's College Hospital Charity and TimeBank.

Anath Shalev



Dr. Anath Shalev received her MD and training at the University of Basel, Switzerland. After a Postgraduate Course in Experimental Biology/Medicine at the University of Zurich, she came to the U.S. and did a research fellowship at Harvard Medical School and her fellowship training in Endocrinology, Diabetes and Metabolism at the National Institutes of Health in Bethesda. In 2002, she became an Assistant Professor at the University of Wisconsin-Madison and was later promoted to Associate Professor and Director of Endocrinology, Diabetes and Metabolism Research there. Dr. Shalev moved to the University of Alabama at Birmingham (UAB) as a Professor of Medicine in 2010 to become the Director of the UAB Comprehensive Diabetes Center and the Nancy R. and Eugene C. Gwaltney Family Endowed Chair in Juvenile Diabetes Research. Dr. Shalev's laboratory has pioneered the role of thioredoxin-interacting protein (TXNIP) in pancreatic islet biology and continues to work on the translation of the molecular findings into novel therapeutic approaches for diabetes. She is also the co-founder and Chief Scientific/Medical Officer of TIXiMED, Inc., a UAB start-up company developing a first-of-its-kind oral medication for Type 1 Diabetes.

Kimber Simmons



Dr. Kimber Simmons is a pediatric endocrinologist and physician-scientist at the Barbara Davis Center for Diabetes, University of Colorado. She directs the Early Type 1 Diabetes Clinic and Clinical Immunotherapy Program, where she leads early-stage T1D monitoring and real-world use of teplizumab. Dr. Simmons also leads Ask the Experts, a national resource supporting families and healthcare providers after positive T1D screening results. She is principal investigator for multiple prevention and new-onset clinical trials and is committed to advancing practical pathways for early detection, monitoring, and disease-modifying therapy in type 1 diabetes.

Erin Templeton



Erin Templeman has recently completed her PhD and continuing her research at the University of Exeter focuses on improving the prediction and early detection of type 1 diabetes. Her research has used large international datasets and statistical modelling to understand how genetic risk, autoimmunity markers, and clinical factors can be combined to identify individuals at risk of developing type 1 diabetes. Erin's work aims to support the early identification of individuals at-risk of disease and more targeted screening and prevention strategies for type 1 diabetes.

Dr Nick Thomas



Dr Nick Thomas is a diabetes physician and academic clinical lecturer in Diabetes and Endocrinology at the University of Exeter. Type 1 diabetes is known to occur in adults but classically thought of as a disease of children and the majority of research is in this age group. Nicks research is looking to improve understanding of type 1 diabetes presenting in adults.

During his PhD he undertook research looking to better describe the pathophysiology and clinical features of type 1 diabetes presenting in adults and showed this is more similar than different from when the disease presents in children. As part of this he led a multicentre UK study DROPLET looking to Define Rate Of Progression of Late onset Type 1 diabetes.

He is currently looking to understand how the disease first develops in adults and how we might identify adult cases before the onset of clinical symptoms. He is leveraging his experience from classifying adult diabetes at clinical diagnosis to guide management of adults with screen detected islet-autoantibodies.

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 and immunotherapy, is a member of the BSPED SIG, and started an early type 1 clinic in 2025.

Neil Wright



Neil Wright is a Consultant Paediatrician with a Sub-speciality interest in Endocrinology & Diabetes based at Sheffield Children's Hospital. He has been involved numerous guidelines regarding the management of type 1 Diabetes including DKA guidelines and CGM protocols. He was a Principal Investigator for the PROTECT study investigating Teplizumab for stage 3 diabetes with some experience of delivering such therapies.

James Yong



James is a Paediatric Diabetes Consultant at Leeds Children's Hospital and BSPED Diabetes Officer. He is the Pre-T1D clinical champion for Yorkshire and Humber, and he believes in sharing experience and increasing awareness of managing early Type 1 diabetes.