



**British Society for  
Paediatric Endocrinology  
and Diabetes**

## BSPED January 2026

### **Watch this space – introducing a fresh, new look for the BSPED Newsletter!**

We are excited to announce that the BSPED Newsletter will see a new look and layout in the coming months. The refreshed newsletter will be sent via a streamlined HTML format, making it easier to browse, read and explore.

We will be moving to a new platform which will also help us understand what matters most to our readers so we can continue improving your experience.

We look forward to sharing further updates and the new layout with you soon!



## **Save the date for BSPED Annual Meeting 2026: Bristol Beacon 8-10 December**

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### **Would you like to host the BSPED Annual Meeting?**

The BSPED is currently welcoming expressions of interest to host the BSPED Annual Meeting in 2028 and 2029.

The BSPED Annual Meeting is going from strength to strength, and we aim to hold it in a different part of the UK each year, to bring a regional flavour to our scientific and social programmes.

If you and your centre would like to host one of the forthcoming Annual Meetings, please [read our guidance and complete this form](#). The Executive and Programme Organising Committees will assess submissions with guidance from our professional conference organisers, to ensure that there is a suitable venue in the selected region (if not the city). The deadline for submissions of expressions of interest to [bsped@endocrinology.org](mailto:bsped@endocrinology.org) is **28 February 2026**.

## News from the BSPED Office

### Committee Positions Available:

#### Endocrine Nurse Officer on the Clinical Committee

We encourage all nurses to consider a role on the Clinical Committee. Please circulate this vacancy to your colleagues. This role is essential to ensure all disciplines are represented on this key committee. **The deadline for applications has been extended to 2 February 2026.** More information can be found on the [BSPED website](#).

#### Coordinator of Adrenal/ CAH Special Interest Group

The Adrenal/ CAH SIG is seeking a replacement Chair as Nils Krone will soon be stepping down from his position due to the end of term.

SIG coordinators should hold office for a period of three years and more information about the SIG can be found on the [BSPED website](#). All applications will be reviewed by the members of the Executive Committee and Chair of the Clinical Committee.

Applicants should send their CV, together with a max 200 word covering letter supporting their suitability for the position. All applications should be submitted by email to [bsped@endocrinology.org](mailto:bsped@endocrinology.org) by **2 February 2026**.

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### Call for nominations for the 2026 James M Tanner Award

Deadline: 17:00 on 23 February 2026

[All details and the nomination form can be found on our website](#). We look forward to receiving your nominations for your inspirational colleagues.

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### Membership fees

Membership fees were frozen this year despite rising costs, but fees will increase by 7.5% in 2026 due to inflation. We're grateful to all of you for being part of our community, promoting research, education and best practice to improve the care of children and young people with endocrine disorders and diabetes mellitus.

If you'd like to automate future renewals, it's quick and easy to do so. All you need to do is log in to your [online member area](#) and set up a direct debit, or recurring card payment, under Settings > Financial. If you have any questions or feedback about your membership, please contact us at [bsped@endocrinology.org](mailto:bsped@endocrinology.org).

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### **Launch of online BSPED GH audit tool**

We are pleased to announce the launch of the online BSPED GH audit tool. The tool will allow centres to enter patients who are starting GH therapy.

This will hopefully allow each centre to audit their performance and benchmark against national standards and performance. The tool will also be used as part of the BSPED peer performance. Please nominate a member of your team who will be responsible for completing the audit returns, so that we can provide access/login details for the online audit tool.

For further details please contact Guftar Shaikh [guftar.shaikh2@nhs.scot](mailto:guftar.shaikh2@nhs.scot) (Peer Review/Audit Officer).

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### **Virtual peer review – summary reports now available!**

The summary reports from the 2025 peer reviews are now available in the members-only area of the BSPED website to help centres learn from each other. The BSPED Peer Review process provides centres with an excellent opportunity to learn from other centres, to gain support for resource requests and to ensure that they are operating to standards.

Thank you to all involved in the Newcastle and Alder Hey reviews earlier this year. Bristol, King's, Chelsea & Westminster and Glasgow are being booked in for the rest of 2025 and 2026. We will be in touch with centres who are due their next review and welcome proactive contact from centres.

### **Get involved!**

We are looking for individuals to help with the review process, including nurses and DGH paediatricians, as well as tertiary consultants. We also strongly encourage GRID trainees to get involved with the reviewing process – supporting the lead clinician with note taking and documentation to build up experience. Please encourage your new GRID trainees to consider this as a development opportunity.

Please get in touch with Peer Review Officer **Dr Guftar Shaikh** on [guftar.shaikh2@nhs.scot](mailto:guftar.shaikh2@nhs.scot)

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**Medical colleagues** – if the nurses working with you do not receive this newsletter, please encourage them to join the BSPED, and contact the BSPED nurse representatives for further information: Jennifer Gilbert, [Jennifer.Gilbert@ouh.nhs.uk](mailto:Jennifer.Gilbert@ouh.nhs.uk) and Samantha Gorman, [samantha.gorman1@nhs.net](mailto:samantha.gorman1@nhs.net)

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## Make the most of your membership benefits

The BSPED is an official endorsing society of the journal [Endocrinology, Diabetes & Metabolism Case Reports](#) (EDMCR). EDMCR is a unique, open access resource that publishes and links together case reports, enabling practitioners to communicate findings, share knowledge and convey medical experiences efficiently and effectively; furthering both medical education and clinical practice.



Endocrinology,  
Diabetes & Metabolism  
**CASE REPORTS**

Members of BSPED receive a 25% discount on the Article Publication Charge (APC) when their paper is accepted for publication in *EDM Case Reports* and a 20% discount on *Endocrine Connections*. All accepted guideline manuscripts are published free of charge.

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## Help us keep in touch

As the BSPED communicates with members by email, please ensure that you notify the BSPED Office if your email address changes at [bsped@endocrinology.org](mailto:bsped@endocrinology.org).



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## Trainee Update

### COURSES AND EVENTS:

#### VPET (Virtual Paediatric Endocrine Teaching)

Previous VPET sessions have been added to the BSPED website members area and are now available on demand. VPET relies on trainees and consultants to deliver valuable teaching sessions. Please email [vpet.trainees@gmail.com](mailto:vpet.trainees@gmail.com) to sign up to deliver a session (providing your name, topic and facilitating Consultant (if delivered by a trainee)) or if you would like to be added to the mailing list. The next VPET date is **Tuesday, 10 February**.

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#### PRETT-Y (Paediatric Regional Endocrinology Teaching and Training Day) \*Please note date change\*

Save the new date for the next Paediatric Regional Endocrinology Teaching and Training Day- Yorkshire, this **will now be held on Tuesday, 17 March**. The event is virtual and free to attend with more details to follow.

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#### ESPE Summer School

ESPE summer school is now open for applications and will run from the 4<sup>th</sup> to the 7<sup>th</sup> September 2026 in Marseille. [Apply on the ESPE website](#). **Deadline 31 January**.

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### **ESPE DOM School**

ESPE DOM school is now open for applications and will run between 4 and 7 September 2026 in Marseille. [Apply on the ESPE website](#). **Deadline 1 February.**

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### **ACDC Annual Conference**

The 20th ACDC annual conference will be held on **Friday, 15 May** at Conference Aston, Birmingham. Please [sign up on the ACDC website](#), places are limited.

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### **Save the date: Virtual DSD study day for GRID and SPIN trainees on 23 June 2026**

The BSPED DSD Special Interest Group would like to invite you to their virtual DSD study day for GRID and SPIN trainees. Further information will be communicated in due course.

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### **ANNOUNCEMENTS:**

#### **DSD Special Interest Group (DSD SIG)**

Trainees are invited to attend DSD SIG meetings. For queries regarding participation and opportunities for case presentations, trainees can contact Dr Nadia Amin ([nadia.amin3@nhs.net](mailto:nadia.amin3@nhs.net)) or Dr Zainab Mohamed ([zainaba.mohamed@nhs.net](mailto:zainaba.mohamed@nhs.net)).

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#### **Trainee representatives for regional diabetes networks needed**

All Regional Diabetes Networks, as part of the National Children & Young People's Diabetes Network, are seeking trainee representatives. If you are interested in applying for one of these roles, please contact the Network Manager of your regional network. Emails for all Network Managers can be found via: [NCYPD Network](#).

In addition, trainees are encouraged to join their regional networks during training as a useful learning opportunity. Please discuss with your supervisor or email your regional network manager to ask to be added to the regional circulation list.

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#### **Trainee involvement in Peer Review Process**

The BSPED's national Peer Review programme started in 2011 and is seeking interested trainees to get involved with the reviewing process, supporting the lead clinician with note taking and documentation. This would provide an excellent learning opportunity and is open to any interested trainees from around the country, not limited to areas which are due a peer review.

If interested, please find further information here ([BSPED | Peer Review](#)) and contact Peer Review Officer Dr Guftar Shaikh ([Guftar.Shaikh2@nhs.scot](mailto:Guftar.Shaikh2@nhs.scot))

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#### **BSPED website updates**

The [training and development](#) section of the BSPED website has recently been updated, with information on the Paediatric Endocrinology and Diabetes subspecialty training pathway.

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### **BSPED Trainee Mailing List**

We send regular email updates on courses, job opportunities and information on training to trainees who are on our mailing list. Please email [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com) for further details of how to join or if you have feedback on any training issues.

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### **New CSAC Diabetes and Endocrine Trainee Representatives**

Congratulations to Danielle Eddy and Rabbi Swaby who have been selected as the new CSAC Diabetes and Endocrine Trainee Representatives. Danielle and Rabbi will replace Katherine Hawton and Salma Ali who will complete their term as Trainee Representatives at the end of this month.

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### **CSAC Diabetes and Endocrine Trainee Representatives:**

Rabbi Swabby  
Danielle Eddy  
Helen Couch

## **News from the Clinical Committee**

### **Update to BSPED Guideline: BSPED UK Consensus National Guidelines for Sex Hormone Priming for Growth Hormone (GH) Stimulation Testing**

Please note that an update has been released on the website. Please be aware that in accordance with MHRA recommendations the Guidelines no longer suggest the use of stilboestrol. Please help and disseminate to your colleagues by visiting the [BSPED website](#).

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### **NICE Guideline: Maternal and child nutrition: nutrition and weight management in pregnancy, and nutrition in children up to 5 years**

This guideline covers nutrition and weight management in pregnancy for anyone who may become pregnant, is planning to become pregnant or is already pregnant, and nutrition in children up to 5 years. Care of babies and children born preterm or with low birth weight is not covered. The guideline does not give detailed advice on what constitutes a healthy diet. [Read the guidance in more detail](#).

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### **NICE Guideline: Overweight and obesity management**

This quality standard covers prevention, behavioural management, assessment, and treatment of overweight, obesity and central adiposity in children and young people aged over 2 years, and adults. This includes those with established comorbidities, and those with risk factors for other medical conditions. It describes high-quality care in priority areas for improvement. [Read the guidance in more detail](#).

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### **Position statement: 'BSPED recommendations for the use of once-weekly long-acting growth hormone therapy in children with growth hormone deficiency'**

The BSPED Growth Disorders Special Interest group (SIG) is delighted to highlight a new updated document on LAGH.

This document originally developed in 2024 has been updated to include guidance for both long-acting growth hormone (LAGH) preparations now licenced and approved by NICE -somatrogon (Ngenla®) and

somapacitan (Sogroya®) for the treatment of growth hormone deficiency in children and young people aged three years and over.

This revised position statement aims to summarise the latest data and provide recommendations on dosage and surveillance for clinicians prescribing LAGH. It will be updated as new LAGH preparations are accessible to patients in the UK.

[View the new statement.](#)

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### NICE Guidelines

The Clinical Committee has submitted comments on the following NICE consultations in the recent months and will keep you informed of the outcomes:

- Rare Disease QS
- Obesity (acquired hypothalamic, 4 years and over) - setmelanotide
- Polycystic ovary syndrome: assessment and management

Note the appraisal for **Vosoritide for treating achondroplasia in people 4 months and over** has been suspended as BioMarin has advised that they are no longer pursuing a Marketing Authorisation Application from the Medicines and Healthcare products Regulatory Agency for this indication at this time.

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### Patient information resources

A reminder that the BSPED has produced a suite of patient information leaflets covering a number of conditions and designed to give general information about a patient's condition and treatment. To access these leaflets for your patients, as well as the BSPED Adrenal Insufficiency Card, please visit the [Patient Information section of our website](#).



You can also find links to relevant [patient resources](#), such as patient support groups on our website.

Meanwhile, [www.explain.me.uk](http://www.explain.me.uk) was developed as part of a project to improve communication between young people, their parents/carers and healthcare professionals in endocrine clinics. The website is looked after by BSPED. [We'd love to know how you use this with your patients.](#)

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## Translations of Adrenal Insufficiency Steroid Card

With thanks to our members and their colleagues, we now have the following translations available for the BSPED Adrenal Insufficiency Card:



**++NEW Mandarin ++**

Slovakian

Arabic

Greek

Polish

Romanian

Turkish

Urdu

CAN YOU HELP? So far, we have translators for the following languages but we are seeking reviewers for these:

- **French**
- **Tamil**
- **Spanish**

**Please note that you do not need to be a BSPED member to assist with translations.**

If you are fluent in another language (or already have a translation within your trust) and could help us build our suite of translated cards, please get in touch with [Christine Desmond](#) who is coordinating this project. We would like to find two members for each language so that one can translate the card and the other check/review the translation.

[All translated cards will be available on the BSPED website](#), once reviewed and approved.

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## Use of and comments regarding guidelines

BSPED guidelines have been commissioned and endorsed by the BSPED and reflect the Society's views on best practice for the majority of patients with that condition. However, each patient should be considered as an individual in the context of their condition and other medication and therefore the readers' discretion is required in the application of their use. Every effort has been made to ensure the factual accuracy of the contents but no liability can be accepted for any litigation, claims or complaints arising from the use of the guidelines.

If you have a query or comment, or would like to raise a concern regarding a BSPED guideline or any guideline on our website, please contact the [BSPED Office](#) who will ensure your message is passed to the BSPED Clinical Guidelines Officer and Clinical Committee.

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## Including your survey in the newsletter

If you would like to include a survey in a BSPED newsletter to encourage responses from BSPED members, it must first be reviewed by the BSPED Clinical Committee.



- Your survey should be reviewed by the Clinical Committee at a stage where it can still be amended and before it is circulated elsewhere.
- The Clinical Committee meets four times per year and the deadlines for submission of agenda items are published in the newsletter.
- Your survey should be submitted to [the BSPED Office](#), in Word format.
- The introduction to the survey should explain its purpose and the closure date of the survey.
- The survey will either be approved for inclusion in the newsletter as it is, or feedback will be provided to the author.
- Survey owners should agree to report their findings back to the Clinical Committee 6 months after the survey closes.
- The BSPED should be acknowledged in any output (guidelines, publications, presentations, etc.) resulting from the survey and the BSPED Office informed of the output.

**Deadline for submissions to the Clinical Committee for consideration: 15 February 2026**

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## Process for endorsement and development of clinical guidelines and standards

The BSPED Clinical Committee is committed to supporting its members in creating robust, evidence-based guidelines. The Committee is not resourced to independently develop national clinical guidelines, but will serve as a key stakeholder in guideline development relevant to paediatric diabetes and endocrinology and will take responsibility for endorsing guidelines produced by other organisations. **In order for a standard or guideline to be endorsed by the BSPED, the procedure set out on our website must be followed.** This involves the early involvement of the Clinical Committee in the development of the document. [The Endorsement Process is available on our website.](#)

**Deadline for submissions to the Clinical Committee for consideration: 15 February 2026**

## Announcements

### Get involved in BPSU Reporting to Improve Rare Disease Data

The British Paediatric Surveillance Unit (BPSU) plays a vital role in monitoring rare paediatric conditions across the UK and Ireland. By collecting high-quality data, BPSU help improve understanding, inform policy, and ultimately enhance care for children with rare diseases.

To ensure comprehensive coverage and robust data, they are keen to encourage consultant paediatricians from a wide range of specialties and backgrounds to [sign up for BPSU reporting](#).

You can learn more about BPSU and how you can get involved in their important work by visiting the BPSU website: [www.bpsu.org.uk](http://www.bpsu.org.uk).

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### **Shaping the Future of Mental Health Support for Youth with Type 1 Diabetes**

Researchers at the University of Warwick are developing a mobile health app to support the mental health of young people (aged 11–17) living with Type 1 Diabetes (T1D).

During this study, you will participate in focus groups and/or surveys to help identify key features, contribute to the design and development of a mobile health app designed to support the mental well-being of youth with T1D.

If you are interested, please [complete the form online](#). For more information, email [titouan.cloarec@warwick.ac.uk](mailto:titouan.cloarec@warwick.ac.uk) or call +44 (0) 7491330344.

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### **The UK Islet Autoantibody Registry**

The UK Islet Autoantibody Registry (UKIAB), funded by Diabetes UK, is now open. With the aim to bring together individuals with positive islet autoantibodies, and those who are not on insulin, identified through NHS testing or research programmes. The Registry will provide a foundation for research that enhances early recognition, prevention, and care for those in the early stages of T1D. Your help in raising awareness is essential to its success.

Patient self-registration: via [www.ukiab.org](http://www.ukiab.org). Any UK child or adult who has had a positive islet autoantibody test, whether through NHS care or research are eligible. Free confirmatory re-testing is available, and provides accurate risk prediction, by using appropriate thresholds through the UKIAB antibody laboratory.

For any queries, please contact the UKIAB team: [ukiab@ndm.ox.ac.uk](mailto:ukiab@ndm.ox.ac.uk).

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### **APECED Survey**

On behalf of the BSPED APECED working group, we would be most grateful if you could please [complete this short questionnaire](#) from University Hospitals Bristol and Weston NHS Foundation Trust to help them understand the care of children and young people with Autoimmune polyendocrinopathy-candidiasis-ectodermal dystrophy (APECED)/autoimmune polyglandular syndrome type-1 (APS-1) in the UK.

If you also wish to get involved in the working group, please do reach out to Toby Candler via email: [Toby.Candler@uhbw.nhs.uk](mailto:Toby.Candler@uhbw.nhs.uk).

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### **UHBW - Consultant in Paediatric Endocrinology and Diabetes at Bristol Royal Hospital for Children**

University Hospitals Bristol and Weston NHS Foundation Trust are inviting applicants for a replacement full-time substantive consultant post in the Regional Paediatric Endocrinology and Diabetes services at Bristol Royal Hospital for Children, UHBW.

The post holder will join the existing team of 5 consultants who deliver a comprehensive Specialist Paediatric Endocrinology services to the South West Region through a network of regional shared-care

clinics, and the large paediatric diabetes MDT which includes an additional HEFC funded University of Bristol Consultant and 2 general paediatricians with an interest in diabetes.

[Apply online](#). The closing date for applications is 25 January 2025.

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### **Prader–Willi syndrome: guidance for children and transition into adulthood**

*Endocrine Connections* have recently added consensus guidelines for clinicians supporting patients with Prader-Willi Syndrome to their website.

This consensus statement is intended to be a reference document for clinicians managing children and adolescents (up to 18 years of age) with PWS. It considers the bio-psycho-social domains of diagnosis, clinical assessment, and management in the paediatric setting as well as during and after transition to adult services.

[Read the guidance in full](#)

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### **Shape the Future of Paediatric Bone Health with the ESPE Bone Academy**

The European Society for Paediatric Endocrinology (ESPE) are excited to announce the launch of the ESPE Bone Academy - a specialised, long-term education programme designed to meet the growing need for expertise in paediatric bone health.

**Aimed at mid-career and senior physicians**, the Academy offers a unique opportunity to deepen knowledge in diagnosing, treating, and managing rare and complex bone conditions in children and adolescents.

The two-year programme combines in-person and online learning, starting with a **1.5-day meeting in Paris on 24–25 February 2026**, followed by a **series of webinars from March 2026**. With 14 modules covering clinical skills, scientific insights, and practical strategies, participants will be empowered to lead in clinical practice, research, and multidisciplinary collaboration.

**Places are limited – [find out more and apply now](#)** to be part of this prestigious initiative and **help shape the future of paediatric bone health**.

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## Meetings and courses

### **Thyroid Education Day 2026**

**Birmingham**

**30 January 2026**

Join fellow adult and paediatric endocrinologists, thyroid surgeons, and oncologists to explore the latest advances and updated guidelines in thyroid disorder management.

**What you'll learn:**

- How to manage thyroid dysfunction effectively
- Best practices in thyroid cancer care
- How to apply the latest clinical guidelines in your practice

[Find out more and register online](#)

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**Imperial Paediatrics 2026 Conference**

**Brian Drewe Lecture Theatre, Charing Cross Hospital, Imperial College London**

**22 February 2026**

The Imperial Paediatrics 2026 Conference, hosted by the ICSM Paediatrics Society, will provide the opportunity to discuss the importance of milestones for children's development and how they affect health outcomes. More updates and information can be found via the [ICSM Paediatrics Society's Instagram page @icsm\\_paeds](#).

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**BritSPAG 2026 Annual Update in Paediatric and Adolescent Gynaecology**

**We The Curious, Bristol**

**9 – 10 March 2026**

The BritSPAG event will provide an overview of the current PAG landscape, common to complex PAG conditions and PAG patient engagement in a varied programme of lectures and peer discussion.

[Find out more and register online](#)

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**3rd I-DSD Postgraduate Course**

**Media Docks, Lübeck, Germany**

**29 June – 1 July 2026**

The 3rd Postgraduate Course in DSD offers targeted professional development for healthcare providers and researchers involved in DSD. It features teaching from world-leading experts and prioritises applicants with relevant clinical or research experience, though all applications are assessed on individual merit.

[Find out more and register online](#)

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**Successful Connections 9<sup>th</sup> Annual Conference**

**1 Wimpole Street, London**

**28 February 2026**

Join the Success Charity for their annual London flagship event for patients, families, survivorship multi-disciplinary professionals and NHS decision makers. The programme this year will focus on forming the connections survivors deserve.

[Find out more and register online](#)

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## **International Symposium on Disorders of Sex Development (I-DSD)**

**Media Docks, Lübeck, Germany**

**1–3 July 2026**

The 12th International Symposium on Disorders of Sex Development (I-DSD) provides updates on conditions affecting sex development and maturation while promoting research and professional networking. It features research presentations, training workshops, and participation from clinicians, scientists, and patient groups worldwide.

[Find out more and register online](#)

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These events are not endorsed by the BSPED but have been selected because they will be of interest to BSPED members. Some of these events are supported by pharmaceutical companies with no influence over the agenda or arrangements. This excludes the sponsored symposia sessions, where the programme is developed and speakers identified by the sponsor.

See more meetings and courses on the [Other Meetings](#) page on the BSPED website.

If you have any meetings, courses or events that you would like to add to this page, please [submit them for review here](#)

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The BSPED Annual Conference is sponsored by various pharmaceutical companies. These organisations have had no input into the development of the conference programme, or influenced the choice of speakers. This excludes the sponsored symposia sessions, where the programme is developed and speakers identified by the sponsor. Sponsoring organisations will not be contributing in any way to the organisation and running of any social activities around the conference period.

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**The BSPED would like to thank our 2025-2026 Society Partners and Sponsors:**



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